April 10, 2023
God Bless America

Woman's World

Make it a great week!

PAIN-FREE KNEES!
Drugstore remedy actually *regrows* cartilage

Dr. Mark Hyman: the super-fiber that cuts post-meal insulin by 50%

Lose 25 lbs in 10 days

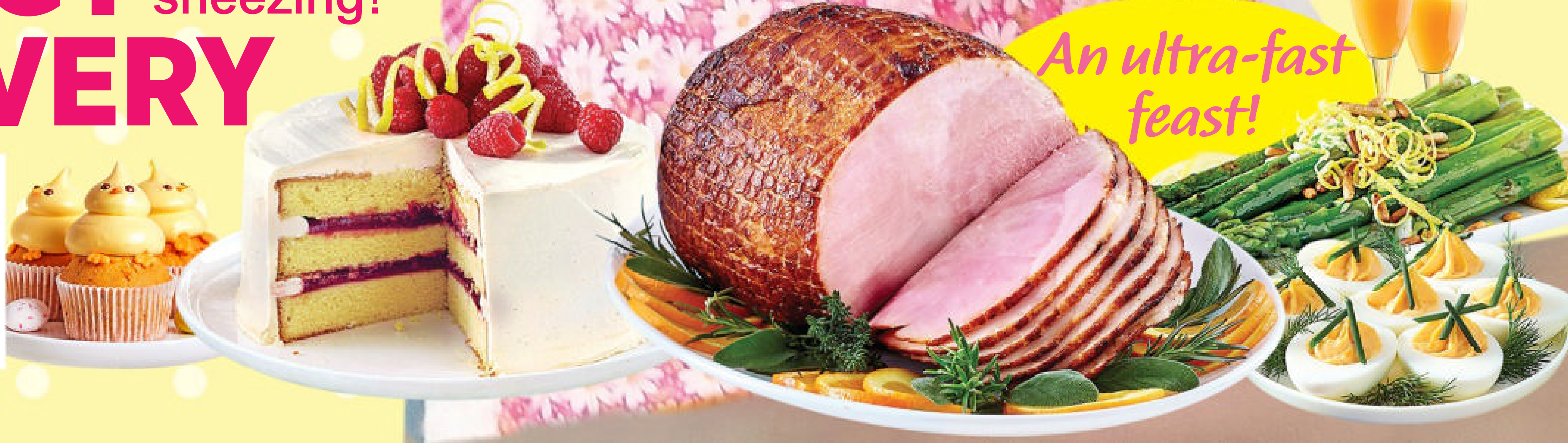
“I lost 16" from my waist!”
—Drema Hill, 63, dropped 144 lbs & got off 10 meds

NEWS: Citrus compound is a
VARICOSE VEIN CURE

Super-saver repair secrets
FIX IT FAST *FOR LESS!*

Study: ancient Indian herb proven to slash sinus pain & end spring sneezing!
ALLERGY DISCOVERY

Dolly's cake-mix easy secrets to
EASTER JOY



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*compared to ordinary eggs

This week in a *Woman's World*

VOLUME XLIV, NUMBER 15, APRIL 10, 2023

ON THE COVER

36 **Dolly's cake-mix easy secrets to Easter joy**
17 **Pain-free knees!**
24 **Lose 25 lbs in 10 days**
18 **Varicose vein cure**
43 **Fix it fast *for less!***
16 **Allergy discovery**
29 **Chick-Kissed Cupcakes**
35 **Lemon-Berry Cake**
32 **Quick-prep Easter feast**
29 **Easter Mimosas**

Enjoy!

4 Fill your week with smiles!
6 Relax and have fun this week
8 *Woman's World* book club
28 Egg hunt fun for everyone!
32 Make delicious memories
36 Dolly's so-easy Easter treats
46 Brain games
47 Solve-it-yourself mystery
50 5-minute romance
52 Your horoscope
55 Love & laughter

Look good!

12 Easter-ready in pretty pastels
14 Pamper yourself pretty with spring blooms
18 Beautiful with Easter's bounty

Be inspired!

Animal hero: Lori's pup, Annie Rose, brightens hearts around the world

10 Karen spreads love and joy with sweet Easter baskets
22 A simple dietary change cured Ceilie's anxiety
48 7 days of inspiration
48 My guardian angel
49 Circle of kindness
50 A moment for you
54 You deserve good things

Feel great!

16 Outsmart spring allergies—naturally
17 Healthy knees for life
17 Top easy ways to ward off cancer
18 Boost circulation to feel 10 years younger
20 Animal secrets to 100% healthy
24 The super fiber helping women slash belly-fat hormones
26 Ask America's ultimate experts
30 Dolly Parton's tips for filling your Easter season with faith, food and memories

Save big!

40 Lift Easter stains *fast!*
42 Vicki earns $100 a month with home how-to videos
43 Score expert help for so much less

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Fill your week

SUNDAY, APRIL 9 EASTER

Celebrate the day!

Enjoy your Easter brunch with a pretty-in-pink cocktail! This deliciously tart and fizzy concoction comes courtesy of the mixologists in the *Woman's World* test kitchen.

To make a Grapefruit Crush Spritzer: In a glass, muddle 1 maraschino cherry and 3 lime wedges; remove limes. Add 1½ oz. of tequila, 3½ oz. of pink grapefruit juice, 1 oz. of lime seltzer or grapefruit soda, a splash of simple syrup and ice. If desired, garnish with a lime wedge, a fresh rosemary sprig and edible flower petals. *Makes 1 drink*

JOKE OF THE WEEK

Pedal to the metal

A police officer pulls over a car puttering along on the highway at 22 miles an hour. He tells the driver, "Ma'am, driving significantly slower than the speed limit is a danger." "But I was doing the speed limit: 22 miles an hour!" she says. So he explains that 22 is the road number, not the speed limit, then adds, "Is everyone okay? Your passengers seem shaken." She replies, "Oh, they'll be fine. They just need a minute. We just got off Route 119!"

THURSDAY, APRIL 13
SCRABBLE DAY

Have some fun!

The secret to winning at Scrabble? Put your "game face" on. In a study in the journal *Stress and Health,* subjects who did so as they worked on a timed puzzle performed 20% better than those who didn't alter their facial expressions. The researchers speculate that a game face helps you focus on the task at hand and improves your ability to juggle different bits of information at once.

Tip: Make the first move, if you can: Research shows that the player who goes first typically has a 14-point advantage!

LETS
PLAY
SCRABBLE

FRIDAY, APRIL 14
REACH AS HIGH AS YOU CAN DAY

You can do it!

This holiday encourages us to evaluate our goals and do our best to reach them! And sharing goals with someone you admire can help you succeed, say scientists in the *Journal of Applied Psychology.* In a series of studies, people who reported their goals to someone they believe had more prestige and respect were more committed and more likely to achieve them than those who kept their plans to themselves or told someone of a lower status. Why? The study authors say that we don't want "higher status" folks to think less of us for not reaching goals, so we're more likely to stick to them.

HELP A HERO!

Send toiletries!

If you have extra travel-size toiletries to spare, send them to Cape Cod Cares for the Troops (CapeCod4TheTroops.com). The nonprofit will include them in care packages they ship straight to deployed U.S. troop members. Mail items (and cards/letters if desired) to P.O. Box 1444, Harwich, MA 02645.

with smiles!

WEDNESDAY, APRIL 12
NATIONAL GRILLED CHEESE SANDWICH DAY

Cheesy yum!

Indulge in your best-ever grilled cheese today! "It's all about the perfect ratio of crispy bread, melty cheese and flavorful fillings," says MacKenzie Smith, author of *Grilled Cheese Social* (GrilledCheeseSocial.com). She advises opting for super-melters like Havarti, Gouda, Muenster and low-moisture mozzarella and shredding it yourself, as bagged cheese is coated in starch and doesn't give a "cheesy pull" when cooked. **Tasty flavor combinations:** Smith suggests trying candied bacon and sharp cheddar, Brie with jam, and goat cheese with pesto.

TUESDAY, APRIL 11 NATIONAL PET DAY

Lots of snuggles!

Celebrate today by taking time to cuddle your beloved pup! Not only is it a great way to show him your love, but those petting sessions can help improve your focus, according to researchers in the journal *PLOS ONE.* They measured the brain activity of participants as they interacted with a dog or a similarly sized stuffed animal and found that people had greater activity in the brain region responsible for attention, working memory and problem-solving when petting the dog compared to interacting with the stuffed animal—and the benefits lasted even after the experiment was over. The researchers theorize that interacting with a dog increases emotional investment, which activates these crucial parts of the brain.

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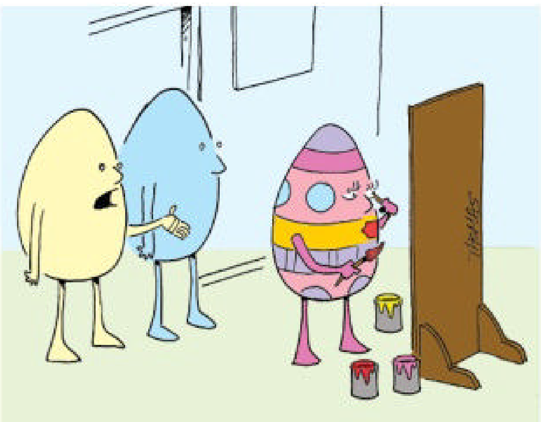
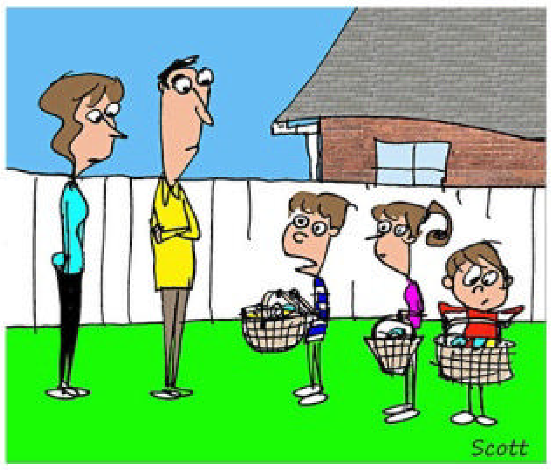
Start your week with a Laugh!



"Every Easter it takes her forever to get ready"

Q What do baseball players eat on?

A Home plates



"No eggs so far, but we did find keys, a wallet, Mom's phone, the TV remote and your glasses"

Kids are fUnNy!

On a rainy afternoon I decided to pass the time and burn off some energy with a home workout. At one point, my 4-year-old son, Jack, walked into the room to find me doing sit-ups on the floor. He paused for a moment, then said, "Mommy, are you doing those on purpose or do you need me to help you up?"

—C.M., Minot, N.D.

Relax and have

Jennifer Garner plays Hannah, a woman trying to uncover the truth about her husband's disappearance in *The Last Thing He Told Me*

APPLE TV+

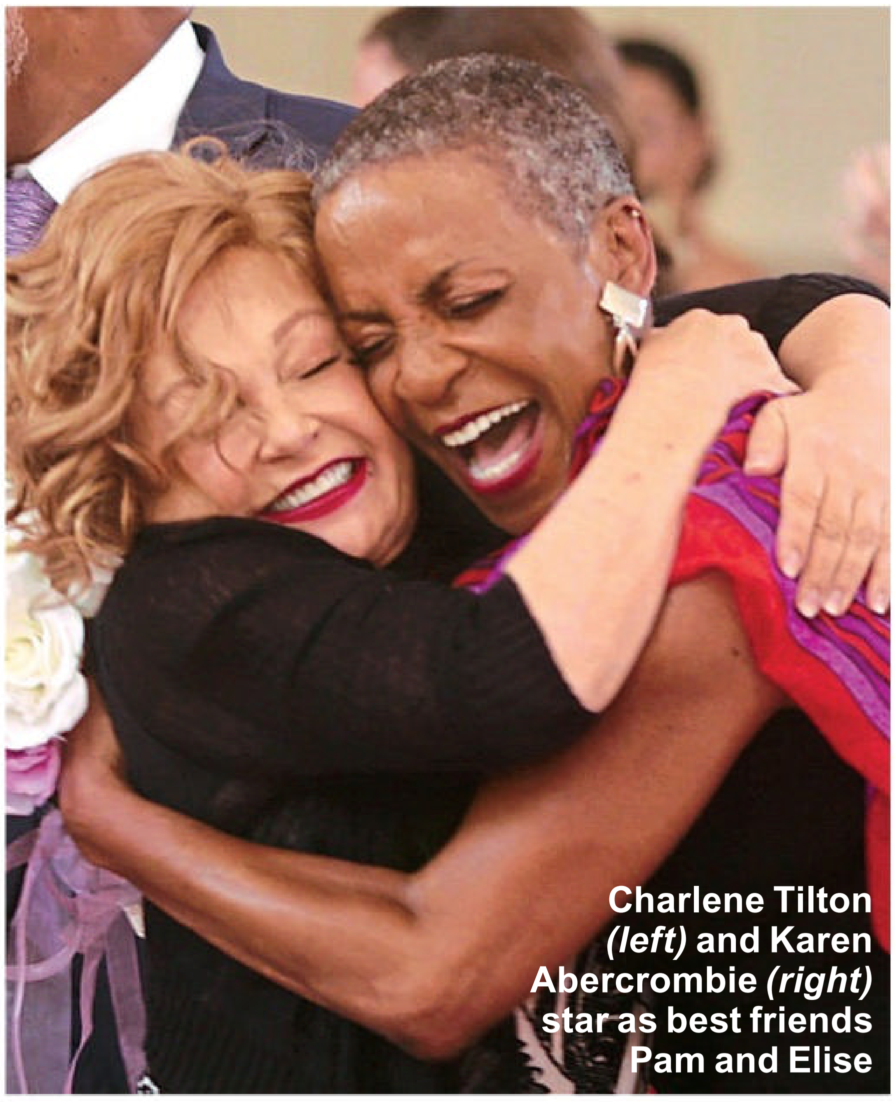
Thrill at the twists with *The Last Thing He Told Me*!

Filled with suspense and drama, this new series, based on Laura Dave's novel of the same name, will have you sitting on the edge of your seat. After Owen Michaels suddenly disappears, his wife of one year, Hannah (Jennifer Garner), finds the note that he left that simply reads, "Protect her." Hannah knows he means his 16-year-old daughter, Bailey, and that she has to keep her safe, but it could be difficult given her strained relationship with her stepdaughter. As the days pass, the two must work together to find the truth about why Owen has mysteriously disappeared. See the series premiere on April 14.

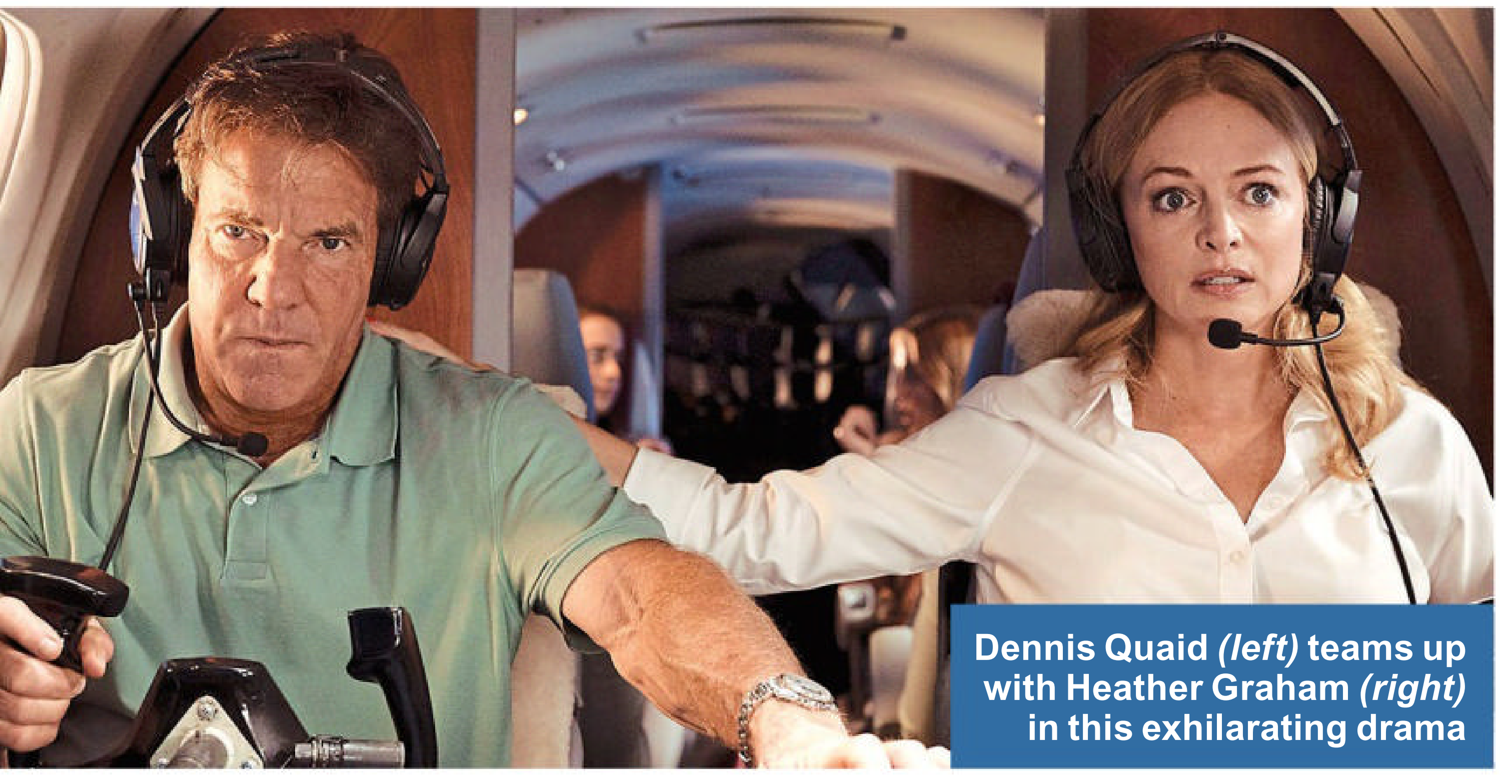
PUREFLIX

Fall in love with *Heaven Sent*!

Give your spirit a lift with this heartwarming romantic comedy that shares the story of finding love, hope and joy after loss. Elise, a grandmother hurt by her past, spends her days with her adult grandson and working in her shop. Her best friend, Pam, knows she needs more and convinces her to open her mind to dating again. Together, they attend a speed dating event where Elise connects with Patrick, a widowed pastor, who is waiting for his own sign to fall in love again. With a little faith, can Elise and Patrick find a way to let romance in? Stream it now.



Charlene Tilton *(left)* and Karen Abercrombie *(right)* star as best friends Pam and Elise



Dennis Quaid *(left)* teams up with Heather Graham *(right)* in this exhilarating drama

AMAZON

Let hope soar with *On a Wing and a Prayer*!

This extraordinary true story of faith and survival follows Doug White's harrowing journey to land a plane and save his family. When the White family stepped on the plane to return home to Louisiana, everything seemed perfect…until the pilot suffered a fatal heart attack mid-flight. With no flying experience, Doug took over the controls, with his wife, Terri, as co-pilot, and with the help of instructions from a pilot on the ground, they had to figure out how to land. Stream the movie on April 7.

Adobe Stock; Getty; Shutterstock (4); Boris Martin; PureFlix; IFC Films; Teresa Wood

fun this week

PBS

Ballet Hispánico performs *Doña Perón,* the story of Eva "Evita" Peron

Get swept away with *Doña Perón*!

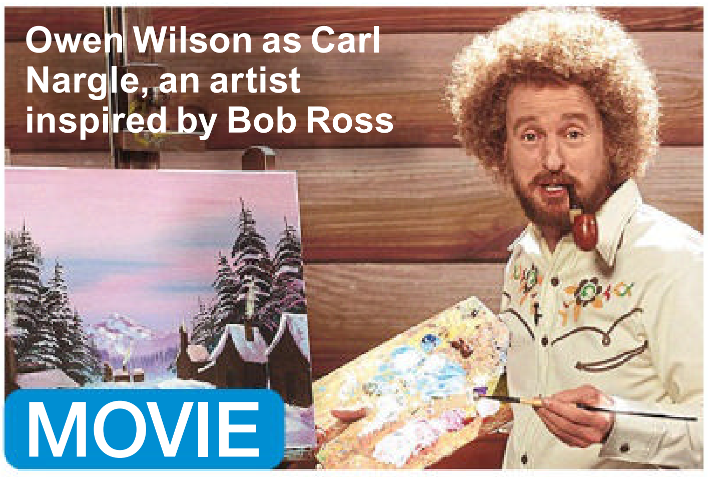
Be captivated by the beauty and elegance of the Ballet Hispánico as they share the rags-to-riches story of one of the most famous women in Argentinean history, Eva "Evita" Perón. The daughter of a prosperous farmer, Evita concealed her past while she climbed the social ladder from dance hall performer to Argentina's First Lady—all before her death at the age of 33. She worked as an advocate for the working class while indulging in a high-class life, but was she a voice for the people, or a devious actress? Premieres April 14.

GAME

Laugh out loud with Family Faceoff!

Tickle your funny bone and get moving with this new board game, Family Faceoff, created by internet personalities Kim and Penn Holderness. It features 400 cards and four categories, including "Guess It," which is like Charades; "Act It," like a fill-in-the-blank karaoke; "Find It," like an exciting scavenger hunt; and "Faceoff," where two players do a simple physical and mental activity to see who can do it faster. For kids and adults ages 8 and up ($25, Amazon.com). Add even more fun by downloading the free companion app.

FAMILY FACEOFF
FOUR CATEGORIES, ONE ABSURDLY GOOD TIME. TWO TEAMS.



Owen Wilson as Carl Nargle, an artist inspired by Bob Ross

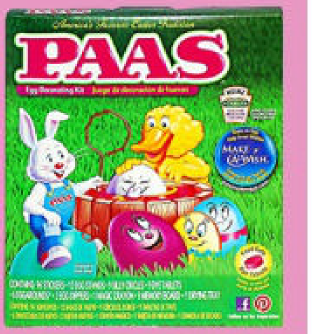
MOVIE

Delight in the charm with *Paint*!

Have a laugh with this new movie about Carl Nargle, a fictional artist who has hosted Vermont's number-one public television painting show for the past 30 years. He is convinced he has it all: a glorious perm, custom van and his own signature whisper. He has long kept viewers hanging on his every paint stroke, but when the station hires a younger, better painter named Ambrosia, Carl could lose everything (and everyone) he loves. In theaters April 7.

It happened *this week!*

- **"Stop! In The Name of Love" by The Supremes** held the #1 position on the pop singles chart in 1965.



- In 1901, the original **Paas Easter egg dye** became the largest manufacturer of Easter egg dyes in the U.S.

- ***King Kong*** debuted in 1933. It was the first movie ever to be re-released in theaters, in 1938, 1942 and 1952.

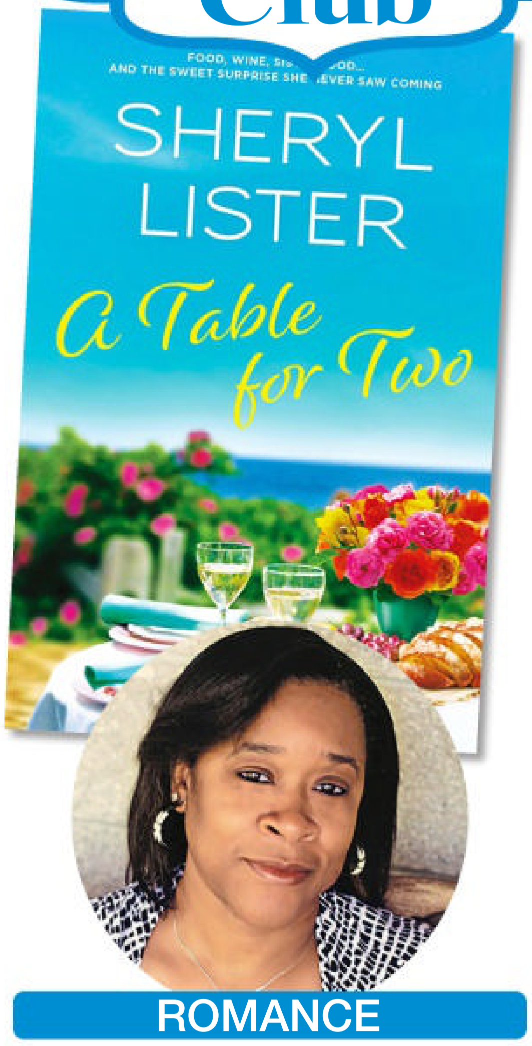
- **Peeps candies** were introduced in 1953, and more than 1.5 billion are sold each spring. They started being sold year-round in 2014.

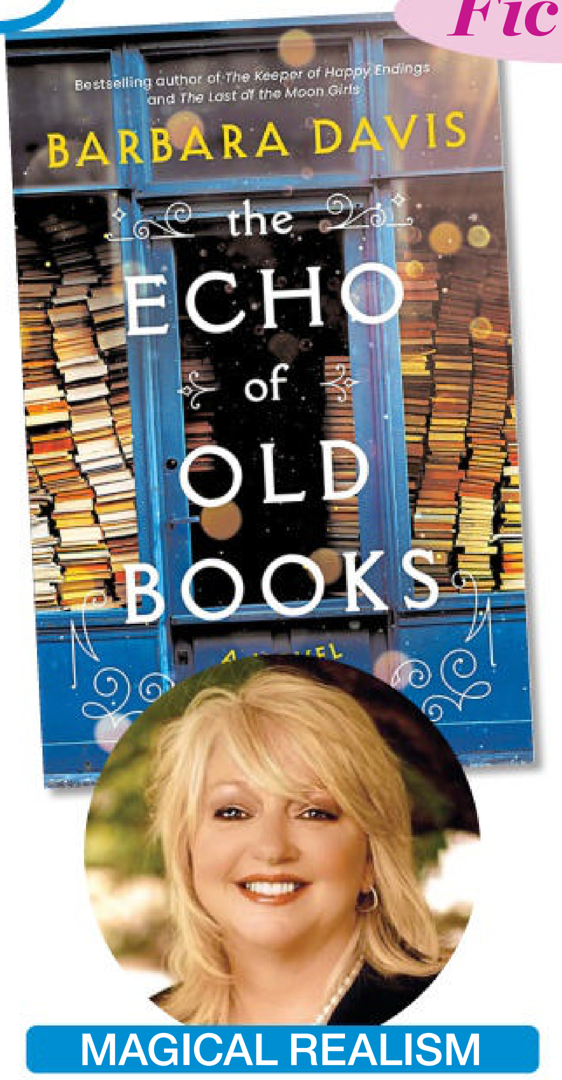
- James C. Penney opened the first **JCPenney** department store in Kemmerer, Wyoming, in 1902.

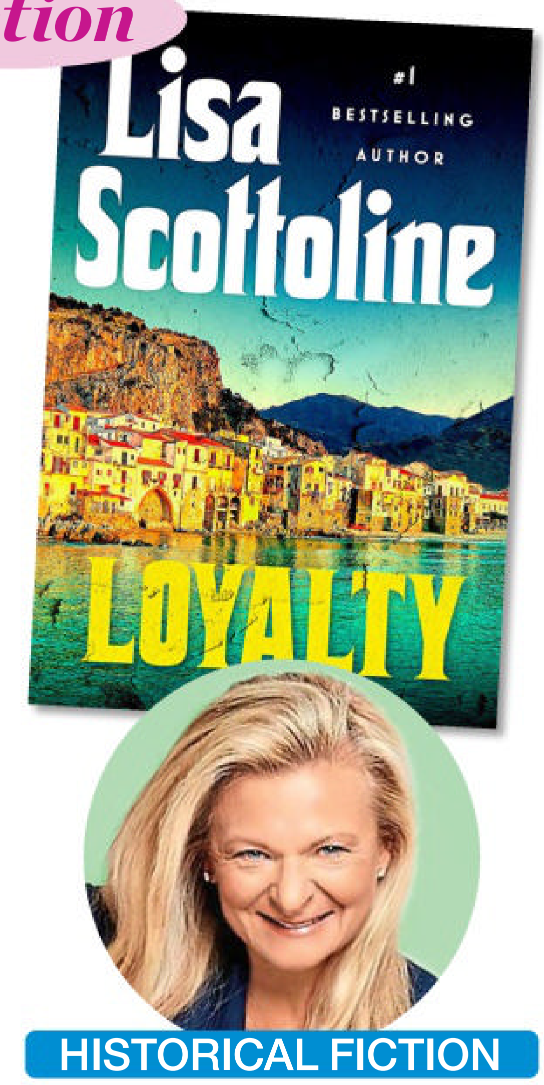
Woman's World Book Club

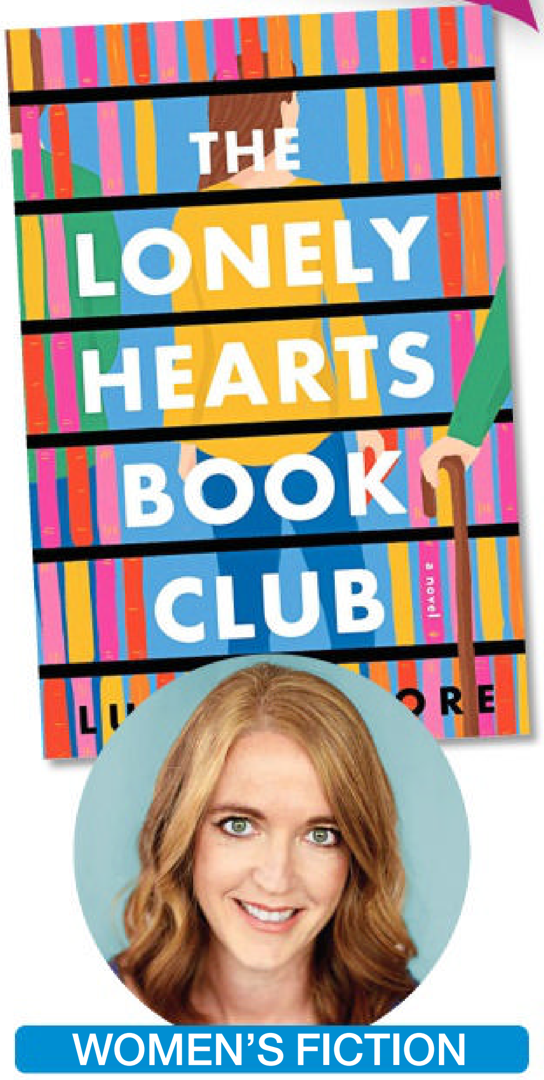
This week's best new books

Fiction


FOOD, WINE, SIS... AND THE SWEET SURPRISE SHE NEVER SAW COMING
SHERYL LISTER
A Table for Two


Bestselling author of The Keeper of Happy Endings and The Last of the Moon Girls
BARBARA DAVIS
the ECHO of OLD BOOKS


Lisa Scottoline
#1 BESTSELLING AUTHOR
LOYALTY


THE LONELY HEARTS BOOK CLUB
a novel

ROMANCE

A Table for Two
by Sheryl Lister

Small-town charm, a delicious supper club and undeniable attraction—this story has it all! Serenity Wheeler loves hosting supper club and being in good company with her best friends. But when she invites her friend's handsome, hazel-eyed brother, Gabriel Cunningham, they butt heads…there's just something about Serenity that makes Gabriel nervous. As the chemistry heats up, Serenity wonders if it could be true love.

MAGICAL REALISM

The Echo of Old Books
by Barbara Davis

Bestselling author Barbara Davis is known for enchanting novels sprinkled with magic, and her latest follows suit! Ashlyn Greer is a rare-books dealer who can feel the echoes of books' previous owners—an emotional fingerprint only she can read. But when she comes across a pair of books that have never been published, she's enthralled by the authors, Hemi and Belle. What follows is a tale of adventure, love and healing.

HISTORICAL FICTION

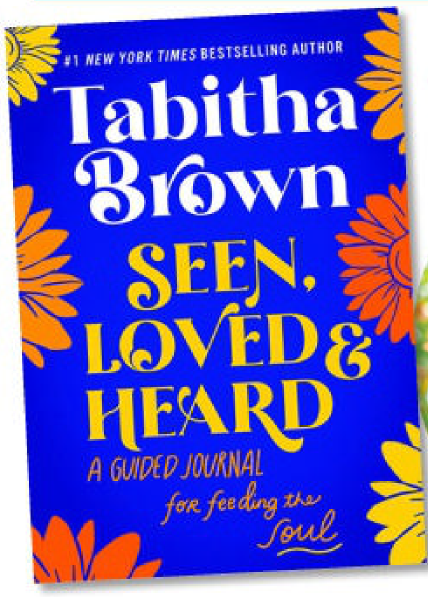
Loyalty
by Lisa Scottoline

Readers are transported back in time to 1800s Sicily, Italy, in this immersive page-turner. Handsome Franco Fiorvanti, a lemon-grower, has dreamed of owning his own grove. He's willing to do whatever it takes to prove his loyalty to his boss, Baron Zito. But when he is asked to kidnap a boy named Dante, the repercussions may change the history of Sicily. A rich, riveting mafia story told from multiple points of view.

WOMEN'S FICTION

The Lonely Hearts Book Club *by Lucy Gilmore*

Brimming with feel-good moments and heartwarming characters, this novel follows Sloane Parker, who loves her simple life as a librarian. She looks forward to the time each day when old curmudgeon Arthur McLachlan comes to browse the shelves. But when he doesn't show up one day, she learns he's bedridden. So Sloane starts a book club to cheer him up, which sparks an unlikely yet unforgettable friendship.


#1 NEW YORK TIMES BESTSELLING AUTHOR
Tabitha Brown
SEEN, LOVED & HEARD
A GUIDED JOURNAL for feeding the soul

Nonfiction

Seen, Loved & Heard: A Guided Journal for Feeding the Soul
by Tabitha Brown

We've all heard of the mental and emotional benefits of journaling, but if you're like us, it's hard to know where to start…and to keep it going! That's why internet sensation Tabitha Brown, known for her upbeat cooking videos and faith-filled charm, created this sweet guided journal. Packed with motivational "Tabisms," pretty illustrations and thought-provoking prompts—like what self-care means to you—she helps readers reflect on their strengths and sources of joy.

"If we check in on our hearts, minds, and souls regularly, we'll develop a habit of doing so, and ultimately, we will start putting ourselves first"

TaylorMadePhotography; Jairus Williams; Jeff Wojtaszek 2020

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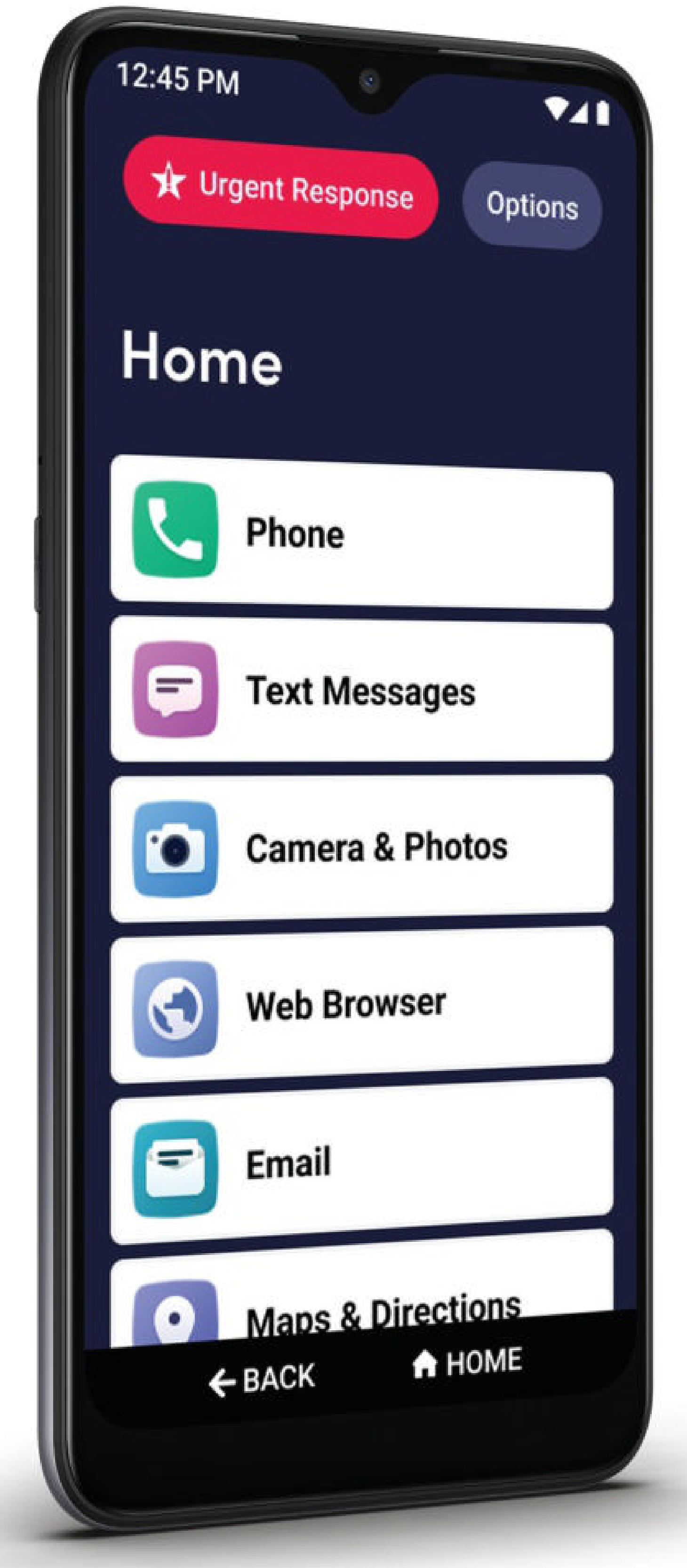

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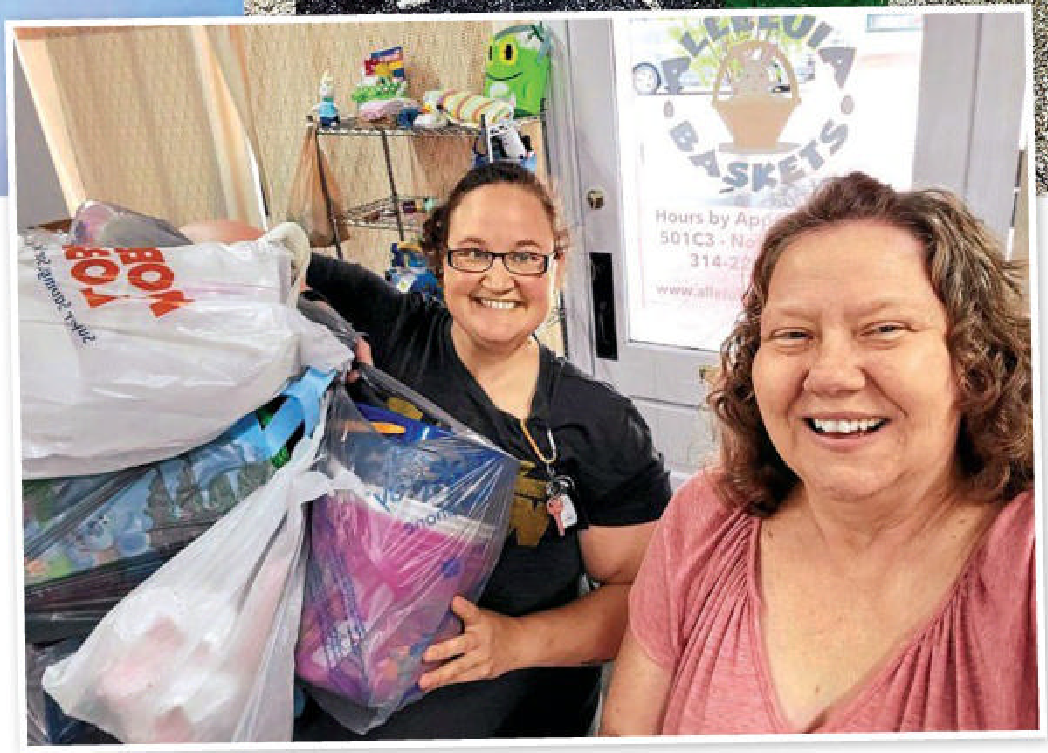
She spreads love sweet Easter baskets!

It began as a special project when Karen Mesler's religion class filled 25 charity Easter baskets. Today, 13 years later, they will be distributing over 15,000 'Alleluia Baskets' filled with treats and hope!

So far, 43,000 Alleluia Easter Baskets have been given to children in need



◀ Many recipients, like Amber *(left)*, come back to help Karen *(right)* with her basket program

"Easter is my favorite holiday. I like it even more than Christmas," Karen Mesler told the dozen middle school students in her All Saints' parish religion class in St. Peters, Missouri, in spring 2010.

Karen remembered her childhood springtime sense of renewal, and the beautiful new dresses she and her sister would get for Easter services. She also shared about the baskets filled with treats they would get and recalled fondly the year she assembled Easter baskets and brought them to a retirement home. "The residents were so grateful," she told her class, then suggested, "Maybe we could do that for kids in need?"

"Yes!" her students enthusiastically agreed.

"I'll buy baskets—you bring things to fill them," she said, and the next class there were so many bags of candy, stuffed animals, Hot Wheels cars, cans of Play Doh, coloring books and crayons, that Karen had to buy another 13 baskets to contain it all.

The class had a great time filling what they called their "Alleluia Baskets."

"No one has ever thought of this before—the kids are going to love them," a parish food-pantry worker thanked the class when she came to collect the 25 overflowing baskets.

Uplifted by the joy the project brought to the recipients and her students, right then and there, Karen decided to make this an annual event.

Filling baskets and hearts

The following year, in 2011, another teacher joined forces with Karen and the two classes filled 50 baskets, and, in 2012, they donated 84 baskets.

As word spread, the entire school began collecting gifts to fill baskets. A church group also began handing out donation bags with wish lists to fill them—that not only included fun treats and toys, but also necessities like socks and school supplies.

Shutterstock

and joy with

Each year, more donations flooded in.

"We don't have enough storage space to hold it all," the school principal eventually said regretfully, so Karen started gathering everything that came in and carted it all home, filling several rooms and hallways of the house she shared with her husband, Todd, and their four sons, Andrew, Stephen, Todd Jr. and Joshua.

By now, Karen was spending the whole week leading up to Easter Sunday stuffing her Chevy Suburban with hundreds, then thousands of baskets and delivering them to pantries, shelters, senior homes and foster agencies.

"Thank you for making us this for Easter," one 5-year-old girl exclaimed, giving Karen a hug during a delivery to a homeless shelter.

> *"Easter is a celebration of love. No one should feel left out—especially the children"*

Celebration of giving

Karen was always touched by the children's excitement when they saw the baskets.

One day, she was trying to sneak baskets topped with huge stuffed bunnies into a food pantry so the staff could surprise the kids when a little girl spotted her.

"Are you the Easter Bunny?" she asked Karen, her eyes wide.

"No, but I'm a friend of his," Karen smiled, and handed the girl a basket.

Another time, a woman came up to Karen. She introduced herself as Amber and asked, "Do you remember me?" You gave my kids baskets last year during our worst days. My husband had lost his job, and we were about to lose our house and car. We're back on our feet now, but I had to come thank you because your Alleluia Baskets gave us the hope that we so desperately needed to get us through."

Eventually, donations came in year-round and Karen's house was so crammed with an assortment of items that her sons complained, "We have to walk sideways to get to our rooms." Luckily, an Alleluia volunteer had organized a fund drive, raising enough to rent a space large enough to store and assemble baskets.

"It's one of the few ways we can give back when we're not 18 yet," students thank Karen for the opportunity. And she now posts a schedule on the group's website, AlleluiaBaskets.org, where over 700 students, retirees, crochet club members and other volunteers sign up to assemble and deliver Alleluia Baskets—over 43,000 so far, and Karen has no intention of stopping.

"Easter is a celebration of love and joy," says Karen. "No one should feel left out—especially the children." —*Bill Holton*

A team of volunteers fills baskets

Kids get treats, toys and a soft bunny

Make your own basket for people in need

1 *Package it like this!*

Build an Easter basket that will keep on giving long after the holiday has passed, suggests Lisa Earles, Executive Director of Clive Community Services in Clive, Iowa. "Instead of presenting a traditional straw basket, we give our items away in a reusable storage bin," she says. "That way they're still cute and colorful but also can be easily repurposed by the family."

2 *Offer a variety!*

Instead of filling up your basket with just treats, Earles suggests adding necessities, like socks and underwear, books and toys. She says, "Families that visit social services agencies don't get a lot of new things, so when shopping for toys, look for ones that encourage group play or getting outside, like a deck of cards, a jump rope, sidewalk chalk or even bubbles."

3 *Short on time? Try this!*

If you aren't able to donate Easter baskets to a local shelter this year, support an organization that gives to kids in need, like Karen's AlleluiaBaskets.org or EasterForEli.com (for hospitalized kids). Simply click "Donate" to find ways you can contribute. Whether you donate money or purchase their merchandise, every dollar goes directly to bringing smiles this season!

We'd love to print *your* inspiring story! Email the story with your name, phone number and a current photo to: WWFeatures@WomansWorldMag.com. Or mail it to: Scoop, *Woman's World,* 270 Sylvan Ave., Englewood Cliffs, NJ 07632. By submitting your story, you are granting *Woman's World* permission to use it and your photo in the print magazine, on our website and/or in future special issue publications. Due to a high volume, we are unable to return submissions received.

Easter-ready in

Just in time for spring celebrations! The season's crop of soft, feminine shades will brighten up your festive fashion in a flash!

Cindy Crawford

Yellow sunglasses shade your eyes in sunny style ▶
$16, Zenni (ZenniOptical.com, "Cat-Eye Glasses")

Steal Cindy's style!
Pink jacket-and-pants set can be worn together or mixed and matched with other items pulled from the closet
Get the look for less:
$70, YYNUDA (Amazon.com, "Double Breasted 2 Piece Blazer Pant Suit Set")

Steal Angela's style!
Yellow dress' off-the-shoulder neckline and diagonal leg slit offer tasteful peeks of skin in figure-flattering style
Get the look for less:
$30, Gobles (Amazon.com, "One Shoulder Ruffle Cocktail Dress")

Angela Bassett

◀ Lavender scrunched handle bag totes essentials with a touch of trendy flair
$25, PS Petite Simone (Amazon.com, "Mini Clutch Purses for Women")

Lime wedge sandals provide leg-slimming height whether donning a breezy sundress or fitted trousers ▶
$35, Franco Sarto (DSW.com, "Carmina Espadrille Wedge Sandal")

precious pastels!

▲ **Dazzling statement earrings come in 27 gorgeous color combos**
$15, Kelmall (Amazon.com, “Sparkly Crystal Rectangle Dangle Earrings”)

▲ **Pink knotted headband provides hair-volumizing texture and height**
$15, J.Crew Factory (Factory.JCrew.com, “Knotted Gauze Headband”)

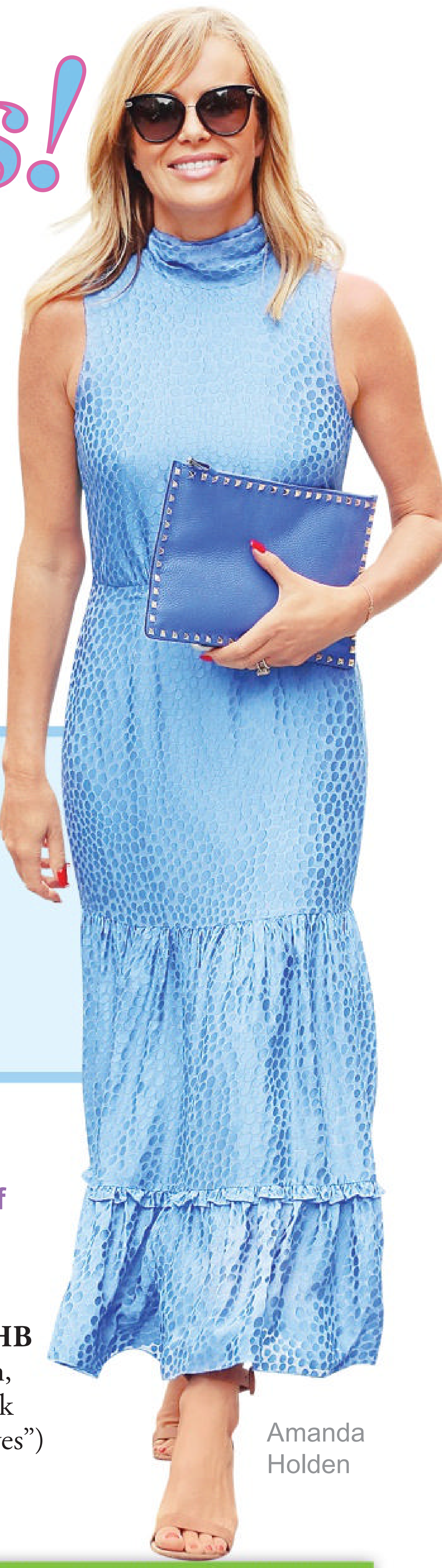
◀ **Light green dress’ side tie defines the waist while its ruching skims over lumps and bumps**
$78, Aritzia (Aritzia.com, “Saturn Shortsleeve Midi Dress”)

Steal Amanda’s style!
Sky-blue high-neck maxi with linear tiers of ruffles directs the eye vertically for a long, lean silhouette

Get the look for less:
$68, Gingham & Heels (GinghamAndHeels.com, “Dandy Maxi Dress”)

◀ **Pointed-toe flats add a pop of color with every step**
$59, J.Crew Factory (Factory.JCrew.com, “Zoe sueded d’Orsay Flats”)

◀ **Floral-patterned pastel scarf adds silky luxe to any ensemble**
$17, YMXHHB (Amazon.com, “Mulberry Silk Fashion Scarves”)



Amanda Holden

Beautiful with pastel makeup

These light and lovely shades can shave years off your look! Here’s how:

Blue brightens eyes

A vibrant blue eyeliner helps the whites of the eyes pop and offsets redness for a wide-awake look. **One to try:** L.A. Girl Pastel Dream Auto Eyeliner in Powder Blue, $5, Ulta.com

Pink plumps lips

The striking shine of a bold pink gloss helps lips look voluminous. Plus, the shade counteracts yellow on teeth for a whiter-looking smile. **One to try:** LipLift Max in Peony Bloom, $14, PixiBeauty.com

Lilac lifts cheeks

The bright purple hue reflects light to emphasize cheekbones so they appear higher. Bonus? The hue also adds luster to dull skin. **One to try:** Oulac Cream Blush in Believe, $8, Amazon.com

Zuma; Backgrid (2). Text: Maggie Dillard

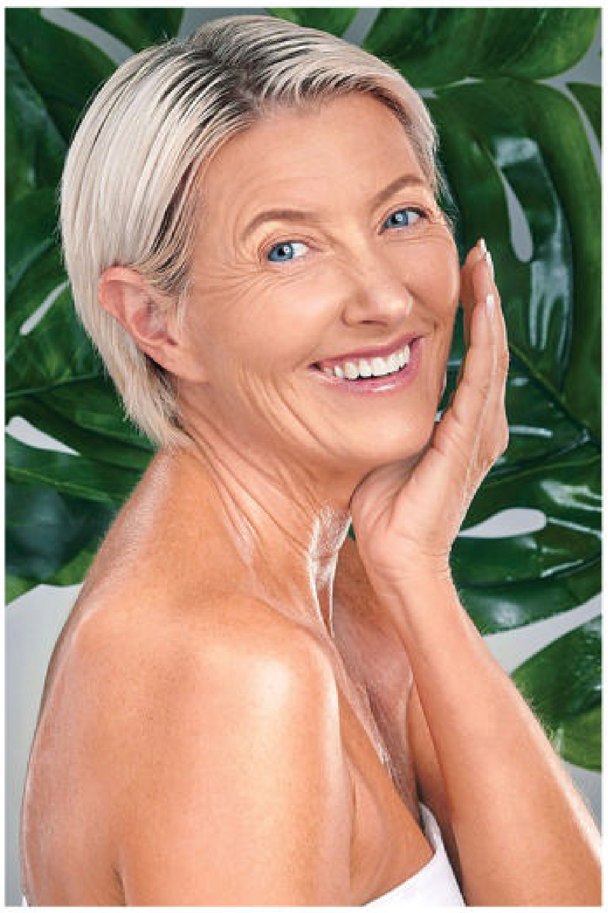
Pamper your *with spring blooms*

The season's blossom bounty works wonders to beautify skin and hair! Read on for how you can harness their age-reversing powers right from your garden

Fade age spots *with crocus*

Crocus stigmas (saffron) contain a compound that breaks down the pigment that causes dark spots. Mix with yogurt (it sloughs off discolored skin cells) to boost benefits.

■ **TRY IT!** Mix 3 saffron strands with 1 Tbs. of yogurt; let infuse for 1 hour. Dab on spots. Let sit 15 minutes; rinse.



self pretty

Reverse thinning hair *with roses*

Roses are rich in *lycopene,* an antioxidant that boosts circulation to the scalp, delivering growth-spurring nutrients to follicles. Pairing with castor oil (its *linoleic acid* plumps strands) adds extra volume.

TRY IT! Mix 10 drops of rose oil (like NOW Rose Absolute, iHerb.com) with 2 Tbs. of castor oil. Apply to damp hair and let sit 15 minutes, then rinse.

Nix facial hair *with daffodils*

Daffodils contain a unique compound that, when extracted from the bulb, slows skin cell growth rate to decrease the amount of hair follicles on the face and reduce hair regrowth for a fuzz-free complexion that lasts.

FIND IT IN: Completely Bare Go Fuzz Free Facial Moisturizer & Hair Inhibitor, Target.com

Reduce skin rashes *with violets*

Packed with soothing antioxidants, the bloom calms and nourishes skin on contact. Adding its petals to a bath infused with anti-inflammatory honey speeds results.

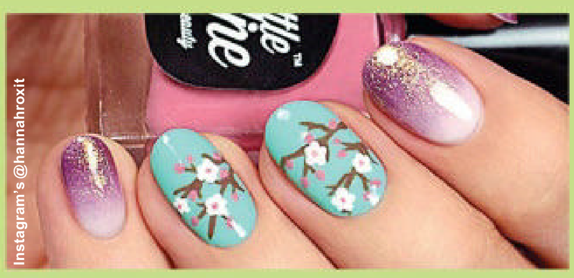
TRY IT! Add ½ cup of crushed fresh violet flowers and 2 Tbs. of honey to a warm bath. Soak for 20 minutes.

De-puff the face *with chamomile*

The flower's circulation-boosting oils sink into skin to help flush bloat-causing fluids.

TRY IT! Steep 1 tsp. of the flower (fresh or dried) in 1 cup of hot water for 15 minutes. Let cool, then strain out flowers, pour into a spray bottle and spritz onto face daily.

Perk up nails *with a cherry blossom mani!*



Instagram's @hannahroxit

- ☐ **Blush, turquoise, pink and white polishes** *(like SinfulColors Bold Color in Unicorns R Real Pink, Rise and Shine Blue, Pink Smart and Snow Me White, $2 each, Target.com)*
- ☐ **Lavender shimmer polish** *(like KB Shimmer in Of Quartz, $11, KBShimmer.com)*
- ☐ **Brown striper polish** *(like LeChat CM Nail Art in Brown, $3, LeChatNails.com)*
- ☐ **Clear top coat** *(like Salon Perfect Nail Polish Top Coat, $4, Walmart.com)*

STEP 1: Paint the index and middle finger nails with two coats of turquoise polish and other nails with two coats of blush polish; let dry.

STEP 2: Sweep lavender shimmer polish onto blush nails, from mid-nail to tip. Let dry, then add a coat to tips for an ombré look; let dry.

STEP 3: Use striper polish to draw branches on turquoise nails. Dip toothpick into white and pink polishes and use to dot flowers onto branches, as shown; let dry. Seal all nails with clear top coat.

Shutterstock (7); Twinkle; Backup; Amber Gray; Robert Milazzo; Hannah Lee of HannahRoxIt.com. Text: Lauren Blum

Outsmart spring allergies—naturally!

Now that spring is finally here, we're eager to get out and about. But for the 56% of us who suffer from allergies, symptoms such as sneezing, congestion, itchy eyes and headaches slow us down. And while over-the-counter allergy medications abound, research conducted at UC San Diego reveals that in 67% of cases, they fail to offer the relief women seek. Luckily, these simple natural strategies offer benefits on their own or in addition to OTC meds

Cook with *this* colorful spice

Turmeric makes a tasty addition to everything from scrambled eggs to salad dressings to rice dishes. And the *curcumin* it contains has a natural antihistamine action. In fact, research in the *Annals of Allergy, Asthma & Immunology* suggests enjoying 2 to 3 tsp. of turmeric daily curbs allergy-induced congestion and sneezing by 63% within eight weeks. Tip: When cooking with turmeric, add a few pinches of black pepper. An Indian study found its *piperine* enhances curcumin absorption by up to 2,000%.

Don a pair of sporty shades

Airborne pollen that gains access to eyes during the day does more than just irritate your peepers, it can also trigger stuffiness that persists throughout the night, disrupting your sleep. Fortunately, research out of Turkey reveals that slipping on a pair of wraparound sunglasses when heading outside blocks pollen better than regular shades. This eases itchy, watery eyes by as much as 65% while improving sleep by 120%. Also smart: whisking away any pollen that's crept around sunglasses by cleansing eyelids and lashes with warm water and baby shampoo twice daily.

Relax with two cups of green tea

Sipping two cups of green tea daily cuts allergy symptoms like a runny nose and scratchy throat by 64% in eight weeks, Japanese scientists say. The brew's EGCG inhibits the release of substances such as histamine, *immunoglobulin E* and *leukotrienes* that trigger symptoms. For best benefits, use unflavored green tea and add your own lemon or sweetener. Flavored green tea is often made from lower-quality tea leaves, which is why USDA experts say unflavored "pure" green tea has 290% more EGCG.

Try an ancient Indian herb

The East Indian herb *Tinospora cordifolia* (aka *guduchi*) combats the out-of-control immune response that sets allergy symptoms in motion. Plus, it lowers levels of mucus-producing *goblet cells* in nasal passages. That's why an Indian study found taking tinospora daily completely eliminated sneezing in 83% of participants, while eradicating nasal congestion in 61% of folks in eight weeks. Try: Swanson Premium Full Spectrum Guduchi (Walmart.com). —*Melissa Gotthardt*

Zesty Turmeric Ginger Ice Cream

1	lemon
2	tsp. ground turmeric
1	tsp. minced fresh ginger
1	(13 oz.) can sweetened condensed milk
1	cup milk
½	tsp. vanilla extract
2	cups heavy cream

1 Grate ½ tsp. zest and squeeze 2 Tbs. juice from lemon. In small pot, heat lemon zest and juice, ¼ cup water, turmeric and ginger over medium heat. Cook, stirring, 3–4 min.

2 In bowl, combine condensed milk, milk, vanilla and turmeric mixture. In separate bowl, whip cream until soft peaks form; fold in milk-turmeric mixture. Transfer to parchment-lined loaf pan. Cover; freeze 6 hrs. *Serves 4*

This refreshing treat is made with a spice that cuts allergy symptoms by as much as 63%

Note: Check with your healthcare provider before supplementing

Healthy knees for life!

By 2030, total knee replacement surgery is expected to have increased by 600% compared to two decades ago, due to living longer, weight gain and injuries. But research in *The New England Journal of Medicine* found that for some people, surgery is no more effective at relieving pain than a placebo. Fortunately, these natural tricks work even better!

✓ Consider ginger

A Danish study found that ginger calms chronic knee pain as effectively as NSAIDs. Plus, sipping 1 cup of ginger tea boosts metabolism for 6 hours, reveals Columbia University research, helping you shed weight effortlessly. And losing just 1 pound unloads 4 pounds of stress on knees. That's something Wake Forest University scientists say translates to 4,800 fewer pounds of stress every mile you walk! Indeed, women considering total knee replacement who lost 11 pounds reduced their risk of needing surgery by 35%.

✓ Rub with MSM cream

Giving aching knees a gentle rub improves movement and reduces osteoarthritis pain by up to 57% in 10 minutes, suggests a Dutch study. And if you add a dab of MSM *(methylsulfonylmethane)* cream, you'll boost the benefits. UCLA researchers credit the natural anti-inflammatory with alleviating osteoarthritis symptoms by up to 82%. That's enough pain relief to allow many people to sidestep the need for surgery.

✓ Try a power duo

Anti-inflammatory "super-molecules" *glucosamine* and *chondroitin* ease pain-triggering inflammation in your knees. They're so effective when paired up, research in *The New England Journal of Medicine* found taking a daily dose of 1,500 mg. of glucosamine and 1,200 mg. of chondroitin sulfate relieves even the most serious cases of osteoarthritis of the knee for 79% of folks. That's as effective as the Rx Celebrex! Best of all, the nutrient duo actually repairs damaged cartilage—something no Rx and not even surgery can do—slowing the progression of osteoarthritis of the knee by 50%. —*Ann Green*

Top easy ways to ward off cancer

When it comes to preventing some of the most common kinds of cancer, there's happy news to report: It doesn't take slogging away at the gym for hours on end or following a strict diet to lower your risk. Research reveals that you can bolster your defenses from head to toe with these simple tips!

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Prevents lung cancer: *Sunny breaks*

Soaking up 20 minutes of sun daily curbs lung cancer risk by up to 84%, suggests a study in *Cancer Epidemiology, Biomarkers & Prevention*. It stimulates the production of vitamin D-3, which spurs immune cells to fend off cancer. Short on time? Even 30 seconds of sun every morning noticeably reduces cancer risk, say British scientists. Or take 3,000 IU of D-3 daily.

Opt for herbs

Marinating meat in rosemary and thyme for an hour before grilling cuts cancer-causing chemicals (called AGEs) that form when meat is seared at high temperatures by up to 87%, according to Kansas State University research.

Prevents breast cancer: *Flaxseeds*

A *Journal of Nutrition* study found women who ate the most *lignans* (compounds found in flaxseeds) were up to 50% less likely to get breast cancer than those who ate the least. Lignans encourage the body to produce less active forms of estrogen than those that spur abnormal cell growth. Aim for 2 Tbs. daily.

Prevents thyroid cancer: *Brazil nuts*

Brazil nuts provide the body with *selenium,* a mineral that nourishes the thyroid and protects it from harmful free radicals. Getting 200 mcg. of selenium daily (the amount in about two large Brazil nuts) reduces thyroid cancer risk by up to 80%, say Yale researchers.

Prevents pancreatic cancer: *Tongue scraping*

Tending to your smile for 2 minutes daily cuts pancreatic cancer risk by up to 35%, per Harvard research. Dental care such as tongue scraping, brushing and flossing removes harmful bacteria before it can spread through the bloodstream to the pancreas. —*Alex Fulton*

More natural health news

Boost circulation to feel 10 years younger

Your circulatory system ensures tissues get ample oxygen and nutrients, while also whisking away waste products like carbon dioxide. But as we age, circulation can slow by 40%. Luckily, restoring it is easy!

Tip!

Eating 1 clove of garlic daily boosts blood flow in just one week, say British researchers. Try waiting 10 minutes after mincing garlic before using it to raise its circulation-revving *allicin* levels

Sharpen thinking
with a 'Happy' dance

Exercise wards off memory loss, in part by boosting the flow of oxygen to brain cells. And dancing to an upbeat song, like "Happy" by Pharrell Williams, is all it takes, a Norwegian study found. Just 4 minutes of intense exercise improves circulation as much as a workout four times as long. Brief bursts of movement increase blood flow to the brain *so* well, Swedish scientists say mini workouts cut the risk of memory loss by up to 90%!

Ease swollen veins
with citrus rind

Poor circulation can painfully swell veins, leading to hemorrhoids, spider veins and varicose veins. The fix? Take 500 to 1,500 mg. of *diosmin* twice daily. The citrus rind compound increases blood flow to heal overly dilated vessels. In fact, a Spanish study suggests diosmin curbs symptoms of distended veins by up to 67% and cuts the risk of a future flare-up in half. Best part? It starts working fast!

Tame leg swelling
by tiptoeing

Designate a frequently used hallway in your home as a "tiptoe-only zone," and you'll end chronic *edema* (or painful leg and ankle swelling) in as little as a day. The *soleus* muscle in the calves is dubbed "the second heart," since moving it pumps blood back from the lower half of the body to the heart. And Canadian research shows that for 43% of folks with edema, moving their calves improves circulation enough to reverse swelling entirely. The trick: Walk on the balls of your feet for five steps, then take five normal steps, repeating for 1 minute each time you enter the tiptoe zone. *—Ann Green*

Reverse hair loss

A sneaky cause of thinning hair is often sluggish microcirculation of the tiny capillaries in the scalp, which starves follicles of the nutrients they need to grow. One easy fix: Massage your scalp briskly for 4 minutes a day. Japanese researchers say doing so improves scalp circulation enough to noticeably thicken hair.

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***Stay Young** with WW*

Beautiful with Easter's bounty

Every part of an egg turns back the clock on aging skin, hair and nails—*fast!*

Crow's-feet? Opt for an egg white and honey mask. Amino acids and protein in whites tighten skin to erase wrinkles, while hydrating honey plumps the area. ***To do:*** Whisk 1 egg white and 2 tsp. of honey. Dab onto creases with a cotton swab, let sit 5 minutes, then rinse.

Dry skin? Try an eggshell and apple cider vinegar (ACV) tonic. The shell's *hyaluronic acid* moisturizes while ACV's *acetic acid* sloughs off dead skin. ***To do:*** Blend a clean eggshell until powdery and stir into ¼ cup of ACV. Use a cotton pad to swipe on skin. Let sit 10 minutes; rinse.

Brittle nails? Choose an egg yolk and olive oil soak. The *biotin* in yolks and fats in olive oil penetrate into nail beds to nourish and strengthen nails. ***To do:*** Mix 2 egg yolks and 1 tsp. of olive oil. Soak nails in mixture for 10 minutes, then rinse well. Repeat twice weekly.

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— D.D. from Columbus, OH

How to Win at Love

A classic tennis bracelet serves up over 10 carats of sparkle for a guaranteed win

It was the jewelry piece that made the world stop and take notice. In the middle of a long volley during the big American tennis tournament, the chic blonde athlete had to stop play because her delicate diamond bracelet had broken and she had to find it. The tennis star recovered her beloved bracelet, but the world would never be the same.

From that moment on, the tennis bracelet has been on the lips and on the wrists of women in the know. Once called eternity bracelets, these bands of diamonds were known from then on as tennis bracelets, and remain ***the*** hot ticket item with jewelers.

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Want to look like a million bucks without stressing over losing or damaging something that cost you a fortune? The Love Wins Tennis Bracelet is a simple strand of glittering gems in precious sterling that epitomizes elegance.

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Animal secrets

Turns out animals hold the clues to great health and more joy, says David B. Agus, M.D., author of *The Book of Animal Secrets.* Here's how following what they do can help *you!*

Sharpen your memory like pigeons do!

"Far from being 'bird brains,' pigeons have a knack for identifying patterns, which helps keep their memory sharp," says Dr. Agus. To improve *your* recall: "Once a day, go outdoors and try to find 10 patterns in nature, such as noticing the arrangement of trees or plants." A UC San Francisco study found that adults who played a video game that encouraged them to find patterns stimulated areas of their brain that increased working memory and focus.

OR IMAGINE BLOWING UP A BALLOON!

Sit quietly and inhale slowly, then exhale fully, as if you're blowing up a balloon. Doing this for 8 minutes makes it significantly easier to recall images you've seen (such as a video demonstrating a knitting stitch) by boosting attention and curbing stress, British scientists say.

Use a bunny's trick for better sleep!

Rabbits can sprint up to 50 mph, and that quick movement may be why they can sleep 8 to 10 hours a day. Now, a Japanese study found speeding up as you walk for 60 minutes daily (which you can do in 10-minute chunks) regulates body temperature and melatonin production so you can doze off faster and sleep deeper.

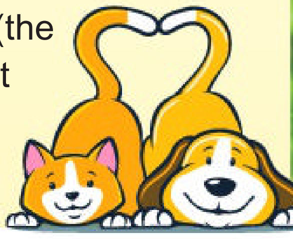
Shutterstock (8); Getty; Adobe Stock. Text: Gabrielle Lichterman

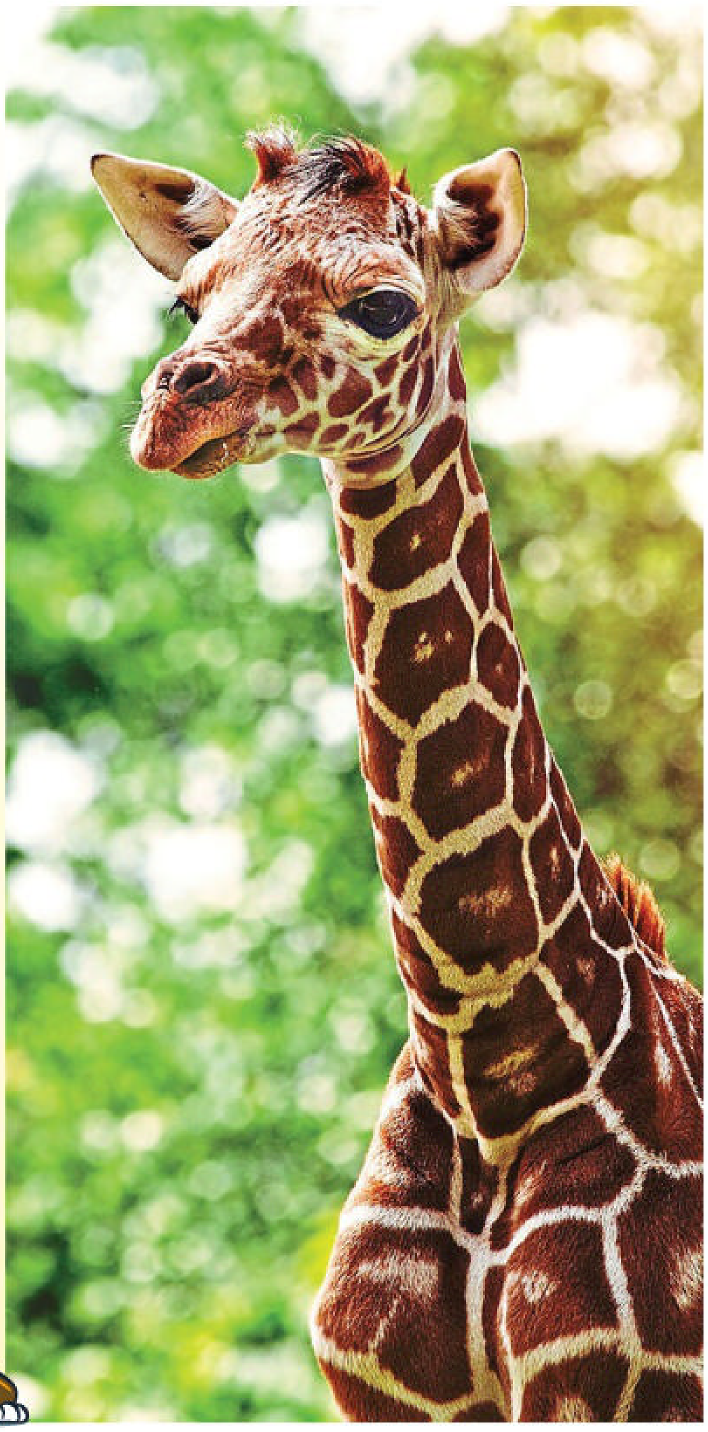
to 100% healthy!

Dodge heart trouble like giraffes do!

Scientists say giraffes have some of the healthiest hearts around. One reason: "Their teeth are impeccably clean, thanks to oxpecker birds who feed on bits of food stuck between the giraffe's teeth," explains Dr. Agus. "While the two may not sound related, the heart can be weakened by inflammation caused by chronic gum disease and oral bacteria that make their way into the bloodstream and reach the heart. Luckily, you can get the same heart-protecting benefit by simply flossing daily." Brazilian scientists agree: Their study found that flossing noticeably lowers gum inflammation linked to heart-harming gum disease more than brushing teeth by itself.

OR S-T-R-E-T-C-H! Gently stretch for 30 minutes five times per week while watching TV, and Canadian scientists say that within eight weeks you'll lower elevated systolic blood pressure (the top number) by 6 points and diastolic blood pressure (the bottom number) by 7 points. It makes arteries more flexible, allowing for better blood flow.





Boost your mood like voles do!

Voles (small critters that resemble hamsters) have a secret to staying chipper: "They dole out lots of affection to their partner and offspring," says Dr. Agus. This prompts a surge of feel-good *oxytocin.* Copy them by aiming for eight oxytocin-boosting hugs a day with loved ones or pets. Also smart: "Group activities, such as dancing or trading harmless gossip with pals over brunch. Spending time with others lifts oxytocin levels too."

OR SLOW DOWN! When doing anything you enjoy, like reading *Woman's World,* pause and focus on the happiness it brings you. Research in the *Journal of Applied Gerontology* found that regularly savoring positive experiences lifts your spirits.

Dial down pain like pigs do!

A British study found that pigs are more optimistic when they're given more hay, which they love to surround themselves with. "And surrounding yourself with whatever makes you happy (such as pretty blooms) has the same effect," says Dr. Agus. That's key since optimism reduces pain sensitivity. Research in the *Annals of Behavioral Medicine* found that a positive outlook makes you noticeably less bothered by aches by dampening activity in the brain's pain centers.

OR LISTEN TO NATURE! When aches flare, listen to nature sounds like birdsong or raindrops by heading outdoors or logging on to NatureSounds.tv. This curbs discomfort by easing anxiety and ushering in relaxation, according to a study in the journal *Pain Management Nursing.*

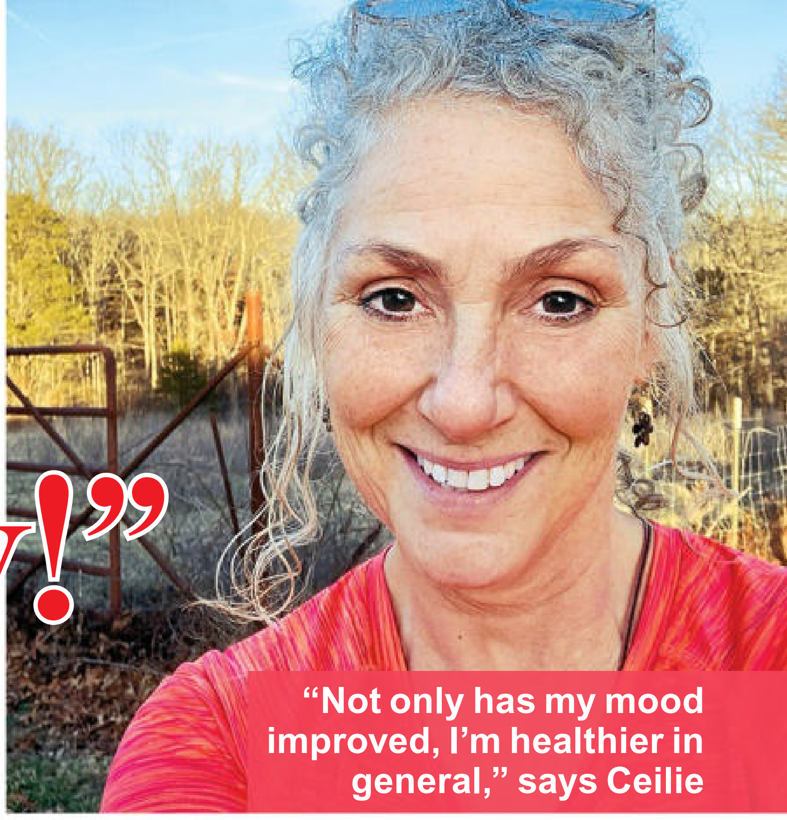
Ward off colds like fish do!

"Fish stay healthy by constantly moving, even when they sleep," notes Dr. Agus. And if you make it a habit to regularly move about, you'll bolster your immunity too. Being active increases *lymphatic flow,* which helps generate infection-fighting white blood cells. In fact, Finnish researchers found that the flow of lymphatic fluid is up to six times greater when you move than when you're sitting still!

OR SIP WINE! Enjoying 5 oz. of red wine daily makes you 35% less likely to catch a cold, flu or virus, say Spanish scientists. Its *flavonoids* and *resveratrol* boost immunity.

“A simple dietary change cured my anxiety!”

After years of taking anti-anxiety medication, Ceilie Kohler Dierker was surprised to discover that high-fiber foods are a natural mood booster, leaving her calm, happy…and drug-free!



“Not only has my mood improved, I’m healthier in general,” says Ceilie

Ceilie Kohler Dierker could feel her anxiety mounting until she felt so overwhelmed, she once again lost it with her husband over something inconsequential. “It’s time to see the doctor,” he insisted. When they went the next day, the doctor told Ceilie, “You need to go back on your medication.”

> *“Fiber fuels the healthy gut bacteria that lower the risk of mood disorders”*
> —Will Bulsiewicz, M.D.

Ceilie had been taking Lexapro, a drug used to treat depression and anxiety, for several years. While it can be energizing for some people, for others, like Ceilie, it can have the opposite effect, zapping energy. *I have to get off this,* Ceilie had decided, but once weaned off, she experienced severe anxiety mixed with a sense of malaise.

Ceilie reluctantly went back on the drug, and while she got relief from the wild moods, she didn’t want to be on the energy-sapping medication for the rest of her life.

Once stabilized, she reached out to a friend who was a nutritionist and told her what was going on. The friend, who had been through something similar, suggested Ceilie read the book *Fiber Fueled* by Will Bulsiewicz, M.D., which outlines the connection between fiber and the production of *serotonin,* the body’s “feel good” neurotransmitter that’s crucial in regulating mood and anxiety.

Reading the book, Ceilie learned that 95% of serotonin is made in the gut by “friendly” bacteria, and a fiber-rich diet promotes a healthy gut microbiome where the good bacteria can thrive. She also learned that prebiotics and fermentable fiber feed beneficial bacteria, and the fermentation process in the gut also produces short-chain fatty acids that regulate the pH level in the gut, making it favorable for the growth of good bacteria.

Can this cure my anxiety? she wondered. *It seems too good to be true but can’t hurt to try!*

Mood-boosting diet

Ceilie slowly began increasing the amount of beans, grains, broccoli and other fiber-rich foods she was eating. She added oatmeal to her daily routine, mixing in peaches, raisins and nuts. She also began blending fibrous fruit and leafy greens with almond milk for a tasty breakfast, and drank another smoothie in the evening to add more fiber and curb cravings.

After a few months, Ceilie found that her moods were brightening—even during the shorter, dark days of winter, when she usually felt more depressed. And her anxiety was down to a point where her medication could be reduced by one-quarter without her feeling the ill effects she had before. She stuck to her fiber diet, and with her doctor’s guidance, she slowly weaned off the medication completely.

“I feel great. I’m medication-free, calmer and have more energy. I’ve also lost 18 pounds,” says they 56-year-old. “It’s wonderful to finally feel so good!”

—*Elisabeth Dunham*

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Natural—and super easy!—ways to dial down stress

✓ **Deep breathing:** Harvard scientists say taking 10 slow, deep belly breaths when tension mounts cuts the risk of chronic anxiety by 67% and helps you feel more serene in seconds by preventing the release of anxiety-triggering hormones.

✓ **Sleep in:** Getting some extra Zzzs can cut your risk of chronic stress and edginess in half. The reason? Michael Roizen, M.D., author of *This Is Your Do-Over,* says additional sleep lowers the body’s production of mood-sabotaging *cortisol.*

✓ **Watch a chick flick:** Enjoying upbeat stories—like *Legally Blonde*—halves the risk of blue moods. Brown University researchers say the strategy increases the brain’s production of *serotonin* and *oxytocin*—two mood-steadying neurotransmitters.

We’d love to print *your* inspiring story! Email the story with your name, phone number and a current photo to: WWFeatures@WomansWorldMag.com. Or mail it to: Scoop, *Woman’s World,* 270 Sylvan Ave., Englewood Cliffs, NJ 07632. By submitting your story, you are granting *Woman’s World* permission to use it and your photo in the print magazine, on our website and/or in future special issue publications. Due to a high volume, we are unable to return submissions received.

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When cats turn 7, their nutritional needs change. Support your cat with ORIJEN™ Guardian Senior. This diet is packed with nourishing fresh or raw animal ingredients including wild-caught salmon, duck and free-run* chicken, as well as nutrient-rich WholePrey ingredients like organ meat to help target eight key health benefits and keep your mature cat supported as they grow older with you. **OrijenPetFoods.com**

**Our free-run chickens and turkeys are not housed in cages and are able to move in a barn without outdoor access.*

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Orijen
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7+ Years
MADE WITH WILD-CAUGHT SALMON, DUCK & FREE-RUN* CHICKEN
PREMIUM FOOD WITH
90% ANIMAL INGREDIENTS
WHOLEPREY DIET
8 HEALTH BENEFITS
FIRST 5 INGREDIENTS FRESH OR RAW
NET WEIGHT 10 lb | 4.5 kg

SHUTTERSTOCK

Lose 25 lbs

"I'm afraid we're at the point where you need insulin injections to control your diabetes," Drema Hill's doctor told the West Virginia grandmother, who instantly flashed back to her diabetic parents. Their test kits and needles had always terrified her. "There has to be another way," she said, shaking her head. "Let me try again. I'll get my eating under control." She held the doctor's gaze until he nodded. "You have three months," he said. That's when the panic set in…

Raised in a family of big people, Drema had always been heavy. Sure, she dieted as an adult. Yet as a busy healthcare executive, she gravitated toward plans with ready-to-eat meals that saved time but didn't change lasting habits. After a doctor warned that yo-yoing was bad for her heart, she'd given up—and hit 342 pounds.

Now, Drema ached constantly and needed 13 meds to manage a list of ailments: diabetes, hypertension, slow thyroid and more. *Plus insulin!* she remembered, her anxiety spiking. For a while, she was too stressed to eat much. She even shed a few pounds. But she couldn't starve herself forever. So when she noticed a co-worker looking slimmer and glowing, Drema asked, "How'd you do it?" Just like that, she was gifted a book by Cleveland Clinic functional medicine expert Mark Hyman, M.D.,

A spark of hope

Drema found herself deeply engrossed as she read. Dr. Hyman seemed to be saying that processed junk in both fast food *and* packaged 'diet' meals had reprogrammed her body to store lots of fat, especially around her midsection. And belly fat was trouble. "Belly fat cells are not regular fat cells," according to the author of *Blood Sugar Solution: 10-Day Detox Diet* and *Young Forever.* "They're angry cells spewing compounds that give us huge appetites, lower our energy to couch-potato levels, prevent fat from burning and generally trigger hormonal and metabolic destruction. The result is weight gain and chronic, system-wide inflammation linked to virtually every age-related health problem."

As it soaked in, Drema felt shaken… until Dr. Hyman explained how switching to simple, natural foods was all it took to reverse the damage. Veggies, protein, olive oil. *I like those things. But can I stick with it*? she wondered.

To find out, Drema packed all her processed food into a church donation

IT WORKS!

BEFORE

Drema lost 144 lbs!

When Drema Hill began her journey to better health, she recalls, "I trusted Dr. Hyman but doubted myself." Luckily, he talked about "90/10" eating. "He says as long as you make smart choices at nine meals out of 10, you still get results. Having that margin of error gave me the confidence to try." She went on to shed an astonishing 144 pounds—but Dr. Hyman isn't surprised. He says if you simply eat like Drema did, impressive results are the norm. "It's possible for *anyone* to lose the excess weight, reverse age-related diseases and get off their meds!"

Just eat like

To help you transform like Drema did, we've got streamlined advice from *Young Forever,* plus recipe ideas. First, eat in a 10- to 12-hour daily window (such as 9 AM to 7 PM). At most meals, go for 75% non-starchy veggies, plus a palm-sized portion of protein and some healthy fats. Enjoy low-sugar fruit like berries and citrus. Choose organic/grass-fed ingredients if possible. Avoid sugar and gluten. For more inspiration, check out DrHyman.com.

in 10 days*

Dr. Mark Hyman reveals the 'super fiber' that's helping women **slash belly-fat hormones by 50%**

box. Then she hit the store and dove in. Up first: a berry breakfast smoothie. *I can still have yummy, sweet things,* she thought as she sipped. Lunch was a big salad; dinner, a chicken-veggie casserole. She munched on bell pepper slices instead of chips and sipped green tea instead of soda. At times, her body wanted to shift into old habits, but her energy was up. She forged ahead. She'd barely started when she called her sister Dianne, who'd always been encouraging, to share exciting news: "I've already lost 26 pounds!"

> *Yes!*
>
> **"Food is medicine that works faster, better and cheaper than any drug on the planet. And the only side effects are good ones!"**
>
> —Dr. Hyman

Surprise boost

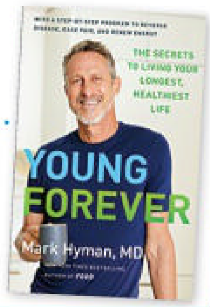
As Drema got into a groove, she found a list of supplements Dr. Hyman said could help speed her transformation—a multi, extra vitamin D, fish oil. *I can get most of it at the health-food store,* she realized.

One thing Drema specially ordered: the 'PGX' fiber Dr. Hyman swore by. It came in packets that she mixed into water and drank before meals. *It really does make me feel more full,* she noticed. And since it was the same type of fiber found in 'konjac' or 'shiritaki' noodles, she picked some up and tried them with broccoli and vinaigrette. "They're kind of like ramen noodles—and they really make you full," she shared with Dianne. It became another little tool in her toolbox. And to Drema's surprise, her urge to eat junk like fries and shakes began to disappear. Even so, she was tense when she went back to the doctor. But he was all smiles this time. "Your numbers improved a lot," he told her. "Keep it up!" She did.

Down 40, 50, 60 pounds, Drema focused on turning healthy tweaks (like drinking more water and taking brisk walks) into habits. Her progress slowed at times, but she stayed consistent. Eventually, she found herself down 144 pounds and off 10 meds. "My waist is 16 inches smaller," she beams. "And I never get out of breath because I'm used to 144 extra pounds. My body is appreciative!"

Drema, a widow, found that her courage soared along with her well-being. Taking another shot at love, she met and married husband Fred. "You have one life to live, so make it the best you can," says the newlywed, now 63. "And that starts with taking care of yourself. Even if you can only manage small changes, they can lead to immense joy!"

Learn more about reversing your biological clock in *Young Forever* or at YoungForeverBook.com



Mary Baldwin/Havenbrook Media; Adobe Stock (2); Shutterstock (2). Text: Allison Nemetz

How 'PGX' fiber works magic

Dr. Hyman's whole-food, veggie-heavy way of eating can literally transform your body and health. Worried you'll struggle to stick with it? His super-fiber hack can make all the difference!

PGX 101 From a Japanese root called *konjac,* PGX "is a super-fiber that absorbs 50 times its weight in water and slows the absorption of sugar from your blood," explains the doc. "It has profound effects on blood sugar and insulin." In fact, studies show it cuts post-meal insulin by 50%.

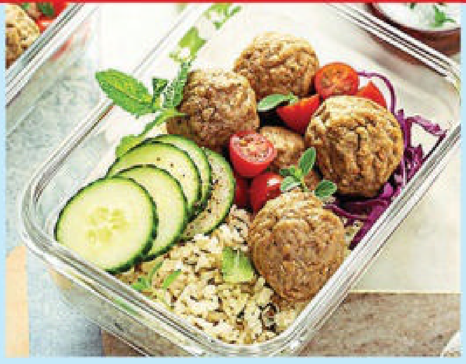
Why bellies melt "Insulin drives excess sugar into fat cells and prevents those cells from releasing fat," he explains. "It also slows metabolism and plays a role in inflammation. Improving insulin levels is key to long-term weight loss and health."

The doc's Rx Swap konjac-based Pasta Zero or Skinny Pasta for regular pasta. Alternately, take 5 grams of PGX fiber (like PGX Daily Singles, store.DrHyman.com) in water before a meal. "It can help a lot. I had a patient lose 40 pounds just taking this—no other big changes." Other patients have shed up to 25 pounds in 10 days!

Drema to transform your body

BREAKFAST

Prepare 2–3 eggs, any style; enjoy over a plate of tomatoes and spinach sautéed in olive oil with herbs and seasoning to taste.



LUNCH

Cook a large serving of cauliflower rice with olive oil, herbs and seasoning to taste. Enjoy with homemade meatballs, salad and vinaigrette.

DINNER

Simmer 3 cups broth, 2 cups veggies, spices and soy sauce. Add 4 oz. rinsed konjac noodles; heat through. Top with beef and garnish.

Young Forever Berry Bowl

Dr. Hyman's tasty take on 'fast food'

- 1 cup frozen berries
- 2 scoops plant protein powder
- ½ cup green tea or 1 tsp. matcha powder
- 4 oz. nut milk
- 1 scoop prebiotic/probiotic blend, like Gut Food brand
- 1 Tbs. MCT oil

Blitz all ingredients, adding 1 handful of greens, if desired; garnish. Have extra room in your budget? To help boost muscles, Dr. Hyman suggests adding a scoop (5 grams) of creatine and a dose of Mitopure pomegranate extract.

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*Weight loss reported in this story is based on individuals. Results vary. Dr.Hyman's emphasis is on steady progress and overall health. Always get your doctor's okay to try any new dietary strategy.

“Help! I’m overwhelmed by caregiving!”

Almost 60% of caregivers say they need more emotional support. Here, experts who have been on this journey share ways to prevent burnout

Be honest

Speak your truth

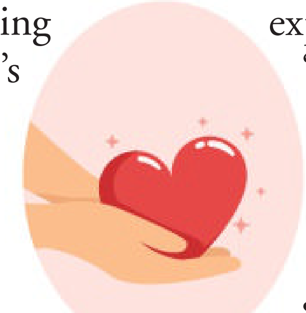
Sometimes things don’t feel real until we say them aloud, which is why expert Jennifer L. FitzPatrick advises telling someone you trust what you’re going through. “Be honest with your emotions, particularly guilt.” A refrain she hears from caregivers is, “I wouldn’t feel this way if I were a good daughter or a good spouse.” Just having someone tell you there’s nothing to feel guilty about works wonders.

Honor your grief

Caregivers often feel “anticipatory grief,” or mourning a loss before it’s happened, says expert Cheryl E. Woodson, M.D., who cared for her mother with dementia. To find comfort, she urges honoring who they were. “My mom loved to dance, so I put on music and danced in front of her,” recalls Dr. Woodson. “She didn’t know who I was, but she smiled, and that lifted my spirits.” Small gestures like painting her mother’s nails also helped. “Now, every time I look at my hands, I think of her.”

Accept *this* emotion

A hidden feeling caregivers experience is resentment. “When someone lashes out, it’s normal to be angry,” says expert Loren Gelberg-Goff. She suggests saying, “I understand how frustrated you are that you can’t do the things you used to.” This connects you to compassion rather than anger. “Then tell yourself, ‘I’m *choosing* to spend my time this way.’” These simple words help you feel more in control.



Seek relief

Embrace self-care

You’ve heard, “Anything worth doing is worth doing well.” But when it comes to caring for yourself, Gelberg-Goff says: “Anything worth doing is even worth doing *poorly*—i.e., just a few minutes of self-care, even if it’s not exactly what you imagined, is powerful.” She recalls how one woman caring for her husband wanted to take a walk, but she felt stuck. “I suggested she walk back and forth in the house, and she realized she didn’t have to take long walks to do something for herself—small steps build momentum.”

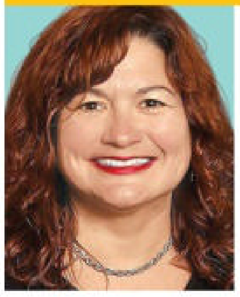
Interrupt ‘autopilot’

“Rather than focus on what you *don’t* want, ask yourself, ‘What’s my desired outcome?’” urges Gelberg-Goff. “Instead of saying, ‘I don’t want my mother to call me 20 times a day from the other room,’ say to yourself, ‘I will answer after I breathe and feel calm.’ Women are conditioned to put one foot in front of the other, but interrupting that autopilot lets you find balance.”

Consider local support

No matter how capable you are, leaning on others is invaluable, says Dr. Woodson. “For example, many houses of worship have caregiving ministries that offer support.” Also, the Aging Life Care Association (AgingLifeCare.org), provides eldercare consultants. “I’ve seen how freeing it is for caregivers to connect with people who have experienced the same thing they are.”

Our expert panel



Jennifer L. FitzPatrick, author of *Cruising Through Caregiving* and *Reimagining Customer Service in Healthcare,* is a gerontology instructor.

Cheryl E. Woodson, M.D., practiced geriatrics while navigating her mother’s Alzheimer’s. In *To Survive Caregiving,* she offers her 5 Keys to Caregiver Survival©.

Loren Gelberg-Goff is a psychotherapist best known for creating the powerful program for caregivers “Take Back Your Life.” More at LorenGelbergGoff.com.

Adobe Stock; Shutterstock. Text: Kristina Mastrocola

Exclusive
Thomas Kinkade Snow-bell Holidays
Ornament Collection

Hand-crafted and showcasing Thomas Kinkade's most beloved artwork
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"Yuletide Carols"
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Real Jingle Bells!
jingle jingle jingle
"Home for the Holidays"

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Order the collection now at just $39.99* per each set of three ornaments payable in 2 installments of $19.99, the first due before shipment. You need send no money now. Your purchase is protected by our unconditional, 365-day money-back guarantee. You may cancel at any time and there is no risk. Demand is expected to be strong so don't wait and risk disappointment! Just return the Reservation Application today.

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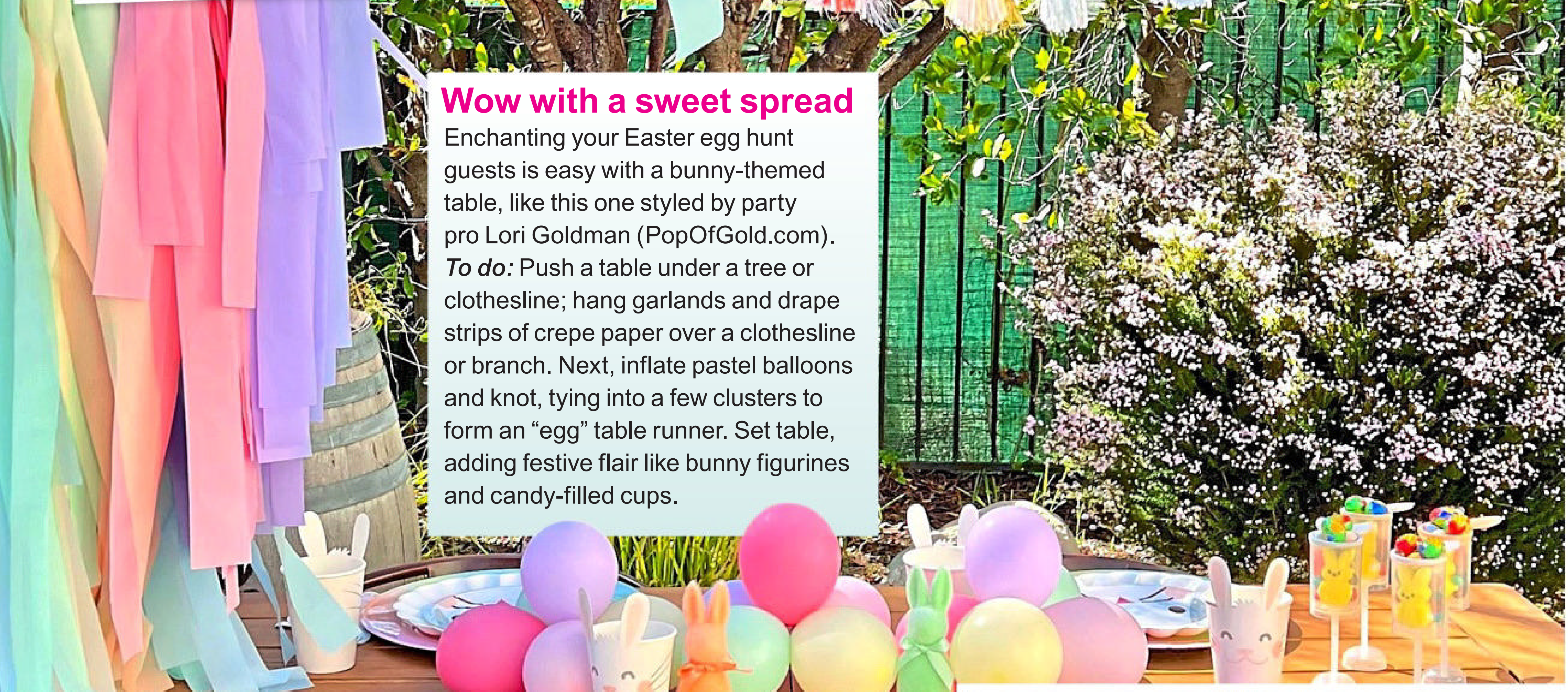
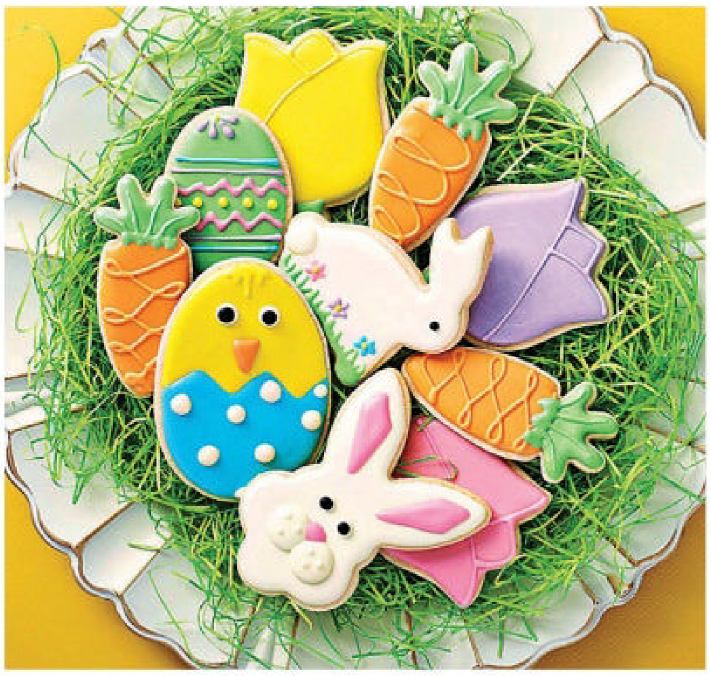
Egg hunt fun

Celebrate Easter with a bunny-inspired brunch! From the sweet treats and bubbly sips to the pretty tabletop flair, this gathering is sure to make your loved ones happy



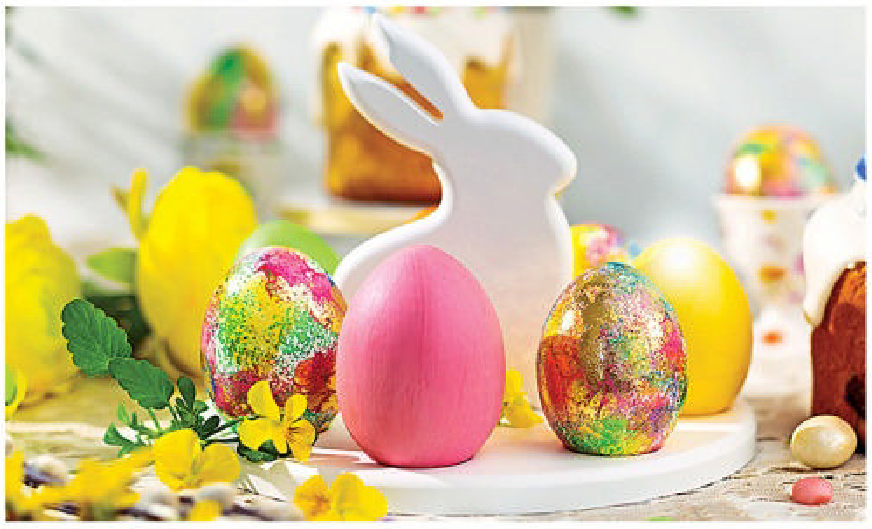
Wow with a sweet spread

Enchanting your Easter egg hunt guests is easy with a bunny-themed table, like this one styled by party pro Lori Goldman (PopOfGold.com). *To do:* Push a table under a tree or clothesline; hang garlands and drape strips of crepe paper over a clothesline or branch. Next, inflate pastel balloons and knot, tying into a few clusters to form an "egg" table runner. Set table, adding festive flair like bunny figurines and candy-filled cups.



◀ Make them smile with darling cookies

These cheery sugar cookies will spark instant joy! *To do*: Roll out sugar cookie dough and press with festive cutters; bake and let cool. Next, make royal icing: Mix 4 cups of powdered sugar, 3 Tbs. of meringue powder and ⅓ cup of warm water. Divide into bowls, tint with food coloring and pipe onto cookies. Let dry; decorate each by piping on colorful Wilton Cookie Icing ($5, Wilton.com).



Boost charm with a fun focal point

A paintable wooden bunny and eggs are the building blocks of a lovely make-ahead centerpiece! *To do:* Paint a craft-store wooden bunny white; let dry. Hot-glue the bunny to the center of a round white egg platter (like one used for deviled eggs). Fill divots with painted, dyed or papier-mâché eggs. Display. Optional: Use a paint pen to write guests' names on eggs and hand out after brunch as keepsake favors!

for everyone!

Brighten any corner with a seasonal garden bunch

Celebrate the bountiful beauty of spring with a bouquet that features a selection of pretty blooms! ***To do:*** Gather flowers from your garden or pick them up at the supermarket. Before your party, repurpose a large mug, pitcher or watering can and fill with water. Next, snip stems so blooms are about 3" to 4" higher than the top of your vase. Insert stems, one at a time, alternating colors as you go and forming a relaxed floral mound. Fill in any open spots or gaps with fresh greenery. Display the bouquet on a tabletop or buffet.

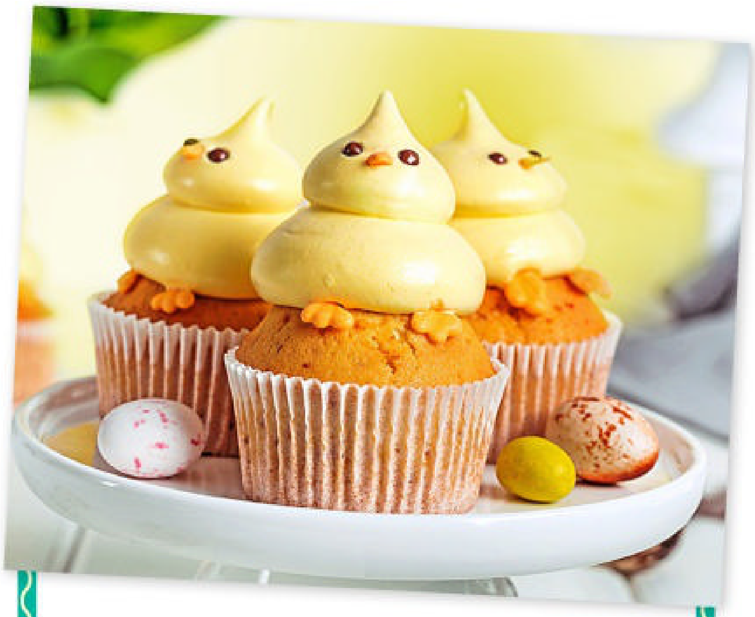
PopOfGold.com/Lori Goldman (2); Shutterstock (2); Adobe Stock (4); Lines + Angles. Text: Brieanne Dyas

Say ‘cheers’ with a classic signature sip

The bright orange color of a mimosa makes for a classic cocktail that’s as pretty as the decor and treats served at brunch! ***To do:*** Just before guests arrive, fill flutes halfway with chilled orange juice, then top with sparkling wine. Optional: Add a little hint of sweetness by adding a spoonful of peach puree (from the baby-food aisle) into each glass before adding juice, or tone down the sweetness with a spoonful of carrot puree.

Add an instant pop of pretty with layered settings

You don’t need to fuss with a fancy tablecloth to boost the bright spring look of your party! At her Easter gathering, Goldman gave place settings a sweet, whimsical feel by layering trios of plates! ***To do:*** For each, start with a large pastel rainbow-hued charger or plate (like Pretty Pastel Rainbow Gradient Plates, $2 each, Zazzle.com). Next, top the charger with a smaller white or ecru scalloped plastic plate, then a smaller bunny plate from the craft store or dollar store. Finish by setting a pink paper napkin and utensils alongside the place setting. For even more eye-catching color, sprinkle a handful or two of pastel or spring-themed confetti on the tabletop and around place settings.



3 tips for a joyful morning

1 *Serve too-cute cupcakes*

It only takes a few moments to whip up these adorable chick-kissed treats! To make: Bake up vanilla cupcakes; let cool. Then snip the corner off a large zip-top bag and press a round icing decorating tip into the open corner of bag. Spoon yellow-tinted icing into the bag. Pipe a large circle on each cupcake; pipe a dollop on top of each circle. Add eyes, feet and a beak to each using assorted decorating gels.

2 *Have a surprise hunt*

Mix up the usual hunt for Easter eggs by incorporating a few unexpected surprises. Instead of filling all of the plastic eggs with candy, fill a few (or all!) with a strip of paper that has a number. Then set up a prize table by putting small items (like sidewalk chalk, lottery scratch-offs, stickers or other trinkets) in paper party bags, each labeled with a corresponding number. For even more fun, have guests swap prizes.

3 *Easily decorate ‘eggs’*

Everyone will really have fun tapping into their creative side at an egg-decorating station! Cut down on egg prep time by setting out ready-to-decorate eggs made of materials like wood, plastic or paper from the craft store (like Spritz Dyeable Egg Kit, $3 per dozen, Target.com). Then set out small bowls of dye along with springtime stamps, colorful markers, Washi tape and stickers for easy decorating.

“True joy is just

One of the most lauded country music performers of all time, Dolly Parton is known not only for her dazzling talent but also for her generous philanthropy. Around Easter, everything that informs her openheartedness converges in one big celebration of faith and the sweet memories she holds dear. Here, Dolly catches up with *Woman’s World* about her Easter traditions and carrying that peace, hope and joy throughout the year

By Deborah Evans Price

Each Easter brings thoughts of family, friends and colorful fashion flair: all hallmarks of Dolly Parton’s life and career.

“Easter has always been a big deal,” the East Tennessee native tells *Woman’s World.* “My grandpa was a preacher, so Easter was always about Jesus and the resurrection, but also about finding Easter eggs and fun. It was about springtime and putting on frilly clothes to freeze your butt off because it usually turns out being colder than you wanted it to be!”

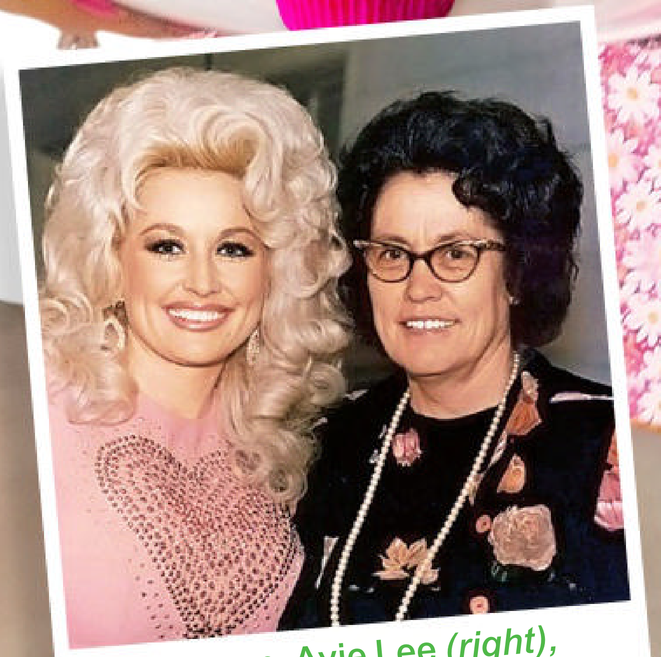
For the beloved icon, those memories carry into her celebrations today and help her keep those she has lost close, like her mother, Avie Lee.

“Mama would always make potato salad, a ham and a big chocolate or coconut cake. She’d do it from scratch, but now you can use an easy mix for all the good stuff,” Dolly says, referencing her partnership with Duncan Hines that includes her own line of cakes, brownies, biscuits and cornbread.

This year, Dolly is looking forward to pausing to enjoy her traditions, and it’ll be a welcome respite from working on a rock album and releasing “Peace Like a River,” a gospel song she wrote and recorded with Dionne Warwick.

“I love seeing something in the world today that wasn’t there yesterday,” the 77-year-old says. “I’m so thankful that I can be creative and try my wings. I’m going to fly until I can’t fly no more. I’m going to try those wings until they wear out!”

Here, Dolly’s tips for flying high at any age and filling your Easter season with faith, food and memories to last a lifetime.



Dolly’s mom, Avie Lee *(right)*, shared her loving Easter traditions

Try Dolly’s sweet collaboration

“Duncan Hines makes it so easy for us, don’t they?” smiles Dolly, who recently released her new line of mixes with the brand, including Fabulously Fudgy Brownies, Caramel Turtle Brownies, Sweet Cornbread and Buttermilk Biscuit. “I grew up in a family of great cooks, but you can take credit by cooking with Duncan Hines whether you’re a good cook or not!”

Turn to page 36 for Dolly’s easy Easter treat recipes!

waiting for you!”

Find peace in faith

“My faith means everything to me,” Dolly declares. “I personally grew up believing in God, but it’s my belief that we all need to believe in something because knowing there is a higher, greater power out there makes this life so much richer and more joyful. Believing that there is a God up there who’s bigger and better than me and looking out for me keeps me focused rather than wandering aimlessly. Easter really brings that direction, peace, unconditional love and assurance home to my heart.”

Giving books to kids through her Imagination Library is a dream come true

Keep dreaming

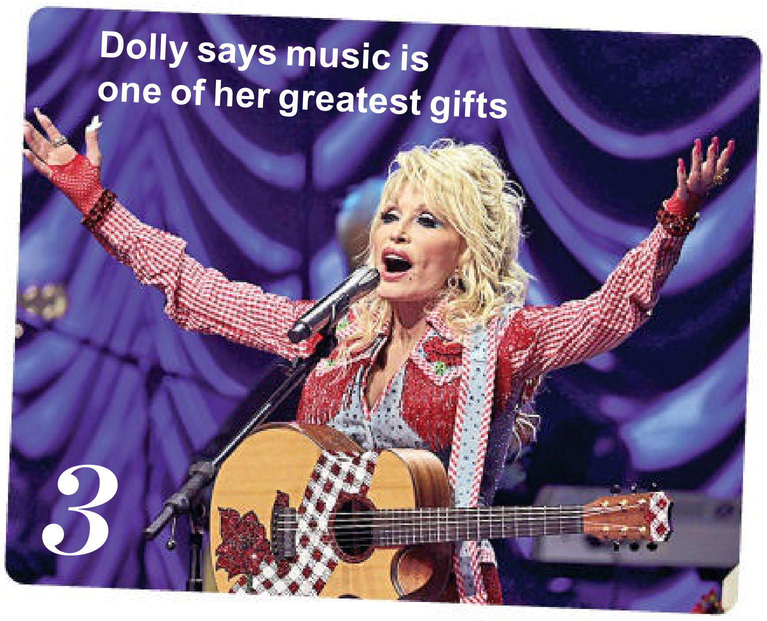
“Everybody says, ‘You never seem afraid to do something new,’ but I always get butterflies,” Dolly admits. “Of course I get nervous, but that doesn’t stop me from trying. I always say, ‘It’s okay to change dreams in the middle of a dream—no matter your age.’ If one dream ain’t working, you might pick up enough stuff from that one to be better at something else. If you’ve got a dream, pursue it!”

Trust your gut

“The best advice anyone ever gave me is from my mom—it’s that old thing, ‘To thine own self be true,’” Dolly reminisces. “Be true to who you are. These days, I make choices based on where I’m at at the time. If it makes me laugh and makes me happy and makes me feel like I’m doing something good, I’ll do it. I usually have that old gut feeling—you can’t go wrong when you follow that!”

Enjoy new starts

“It’s important that people stay busy,” says Dolly. “I’ve learned that it’s important to keep your eyes and ears and your heart open to things that can be done, that should be done and to make a difference in the ways that you can. I just don’t want to ever get stale. I always say, ‘I want to wear out rather than rust out,’ and ‘I’m going to be doing that until I keel over.’ I just love making things happen and being productive. That’s a great joy in itself, and it makes me feel so good!”



Dolly says music is one of her greatest gifts

Lose yourself in life’s music

“Music is so much a part of my life,” Dolly shares. “It was a song that brought me out of the Smoky Mountains, and it has been a song that’s brought me to where I am now. But it’s always been about the gift that I feel God gave me that He allowed me to do so many things with. And in between, I’ve been so grateful and so blessed that I can do so many different things.”

Get into ‘God zone’

“When I’m stressed, I go to a spiritual place,” Dolly says of finding peace during worrisome times. “I call it my ‘God zone,’ where I can just shut everything else out and focus on all that’s good in the world and beyond. There, I try to just kind of anchor myself in the Spirit. I let everything else fade away and let that positive energy in—it instantly calms my soul.”

Courtesy of Dolly Parton; courtesy of Duncan Hines; Adobe Stock (2); Getty (2); Shutterstock (2)

WW HOLIDAY SPECIAL

Make delicious memories

This Easter will be your easiest ever with these quick-prep dishes that leave you more time to spend with loved ones

Roasted Potatoes and Carrots

Peach-Mustard Glazed Ham

Lemon-Berry Cake
Lemony Asparagus
Herbed Deviled Eggs

Turn for recipes

Peach-Mustard Glazed Ham

Our fruity glaze gets a zesty kick, thanks to Dijon—perfect for guaranteeing this ham roasts up extra moist and delicious

- ½ cup peach preserves
- 3 Tbs. Dijon mustard
- 2 Tbs. balsamic vinegar
- 2 cloves garlic, minced
- ¼ tsp. ground ginger
- 1 (4–5 lb.) fully cooked boneless ham
- Orange slices and mixed fresh herb sprigs, such as sage, rosemary and thyme (optional)

● Heat oven to 350°F. In small bowl, combine peach preserves, Dijon, balsamic vinegar, garlic and ginger; reserve ⅓ of glaze mixture.

● Line large roasting pan with foil; coat with cooking spray. Place ham, wide end down, in roasting pan. Using sharp knife, score fat. Brush surface of ham with remaining ⅔ of glaze.

● Pour 2 cups water into bottom of pan. Cover with foil; bake 2 hrs. or until meat thermometer inserted into thickest part registers 140°F, brushing with reserved glaze twice. Transfer to platter. If desired, garnish with orange slices and fresh herb sprigs. Brush with any remaining glaze. Let stand 20 min. before carving.

Easy variation: Make it Apricot-Ginger Glazed Ham. Omit Dijon. Sub in apricot preserves for the peach and grated fresh ginger for ground. Continue with recipe as directed.

Easy variation: Make it Orange-Rosemary Glazed Ham. Sub in orange marmalade for the preserves. Sub in 2 tsp. chopped rosemary for the ginger. Continue with recipe as directed.

Easy variation: Make it Sugar 'n' Spice Glazed Ham. Sub in brown sugar for the peach preserves. Add ¼ cup orange juice and ¼ tsp. ground cinnamon. Continue with recipe as directed.

Servings: 12. Active time: 15 min. Total time: 2 hrs., 35 min.
Calories: 360 **Protein:** 24g **Fat:** 21 (7g sat.) **Chol.:** 80mg **Carbs.:** 12g **Sodium:** 1,000mg **Fiber:** 0g **Sugar:** 11g

Lemony Asparagus

Toasting gives pine nuts a warm buttery note that elevates this simple yet elegant side

- 3 Tbs. pine nuts
- 1 lemon
- 2 Tbs. olive oil
- ¼ cup minced scallion
- 2 lbs. asparagus, trimmed
- ¼ tsp. salt
- ¼ tsp. pepper
- Lemon zest curls (optional)

● In dry skillet over medium heat, cook pine nuts, stirring often, until toasted, about 3 min.; reserve. Grate 1 tsp. zest and squeeze 1 Tbs. juice from lemon.

● In large skillet, heat oil over medium heat; add scallion and asparagus. Cook, stirring occasionally, until asparagus is just tender, about 10 min. Sprinkle with salt and pepper. Stir in lemon zest and juice. Increase heat to medium-high; cook, stirring, until liquid is evaporated, about 1 min. Transfer to serving plate. Sprinkle with pine nuts before serving. If desired, garnish with lemon zest curls.

Easy variation: Make it Nutty Bacon Asparagus. Omit oil and lemon. Cook nuts as directed. In same skillet, cook 3 slices bacon until crisp. Cook asparagus and scallions in bacon drippings. Top with nuts and crumbled bacon.

Servings: 6. Active time: 15 min.
Total time: 25 min.
Calories: 100 **Protein:** 4g **Fat:** 7g (1g sat.) **Chol.:** 0mg **Carbs.:** 8g **Sodium:** 100mg **Fiber:** 4g **Sugar:** 3g

Roasted Potatoes and Carrots

A sprinkling of dried herbes de Provence is the secret to the savory flavor in these golden and tender root vegetables

- ½ lb. carrots, sliced
- 1½ tsp. + 1 Tbs. olive oil
- 2 tsp. herbes de Provence
- ¾ tsp. salt
- ½ tsp. pepper
- 1½ lbs. small new potatoes
- 1 small clove garlic, minced
- Fresh thyme sprigs optional

● Heat oven to 400°F. In large bowl, combine carrots, 1½ tsp. oil, 1 tsp. herbes de Provence, ¼ tsp. salt and ¼ tsp. pepper. Transfer to baking sheet; spread out in single layer. Roast, stirring once, until just tender, 10–12 min. Transfer to large bowl.

● Slice potatoes in half. In separate large bowl, combine potatoes, remaining 1 Tbs. oil, 1 tsp. herbs de Provence, ½ tsp. salt and ¼ tsp. pepper; toss until evenly coated. Place potatoes cut side down on baking sheet. Roast, turning once, until golden brown and tender, about 20 min. Transfer potatoes and garlic to bowl with carrots. Toss until combined. Transfer to serving bowl. If desired, garnish with thyme.

Servings: 6. Active time: 20 min.
Total time: 50 min.
Calories:130 **Protein:** 3g **Fat:** 4g (1g sat.) **Chol.:** 0mg
Carbs.: 24g **Sodium:** 310mg **Fiber:** 3g **Sugar:** 3g

Herbed Deviled Eggs

This take on the classic holiday starter is even more irresistible with plenty of fresh dill

- 6 eggs
- ½ cup mayonnaise
- 1 Tbs. white vinegar
- 1 tsp. chopped fresh dill + additional sprigs
- ¼ tsp. onion powder
- ¼ tsp. garlic powder
- 1 tsp. Worcestershire sauce
- ¼ tsp. salt
- ¼ tsp. pepper
- 4 fresh chives, sliced into 1" pieces

● In pot, cover eggs with enough cold water to cover by 1"; over high heat, bring to boil. Cover; remove from heat. Let stand 10 min. Drain; rinse under cold water. Return to pot; cover eggs with cold water. Once eggs are cool enough to handle, peel then slice in half and remove yolks.

● In medium bowl, combine yolks, mayonnaise, vinegar, chopped dill, onion powder, garlic powder, Worcestershire sauce, salt and pepper; using fork, mash together until smooth. If desired, spoon filling into a pastry bag fitted with a star tip. Dividing evenly, pipe or spoon yolk mixture into egg white halves. Arrange filled eggs on serving platter. Garnish with chive pieces and additional dill sprigs.

Servings: 6. Active time: 15 min.
Total time: 25 min.
Calories: 205 **Protein:** 7g **Fat:** 19g (4g sat.) **Chol.:** 194mg
Carbs.: 1g **Sodium:** 288mg **Fiber:** 0g **Sugar:** 1g

Lemon-Berry Cake

Our triple-layer delight is made extra-easy with cake mix

- 1 (15.25 oz.) pkg. yellow cake mix
- 3 eggs
- ⅓ cup oil
- 1 Tbs. grated lemon zest
- 1¾ cups butter, at room temp.
- 3½ cups confectioners' sugar
- 1 tsp. vanilla extract
- 1 cup seedless raspberry jam, stirred
- Fresh raspberries and lemon curls

● Heat oven to 350°F. Grease 3 (8") round cake pans. On low speed, beat cake mix, 1 cup water, eggs and oil until blended, 30 sec.; on medium, beat 2 min. Stir in zest. Divide batter among pans. Bake until pick inserted in centers comes out clean, 20–22 min. Let cool 10 min. Transfer from pans to racks; let cool.

● On medium, beat butter until fluffy, 2 min. On low, gradually beat in sugar, then vanilla until smooth; on medium-high, beat until fluffy, 2–3 min. Transfer 1 cup frosting to pastry bag fitted with round tip. Place 1 cake layer on serving plate; pipe ring of frosting around inside edge. Spread ½ cup jam within frosting ring. Top with another cake layer; repeat with piped frosting and remaining jam. Top with remaining cake. Spread cake top and side with frosting. Garnish with raspberries and lemon curls.

Servings: 16. Active time: 45 min.
Total time: 2 hrs., 15 min.
Calories: 493 **Protein:** 2g **Fat:** 28g (14g sat.) **Chol.:** 88mg
Carbs.: 61g **Sodium:** 375mg **Fiber:** 0g **Sugar:** 50g

Food & Photo (6)

WW HOLIDAY SPECIAL

Dolly's so-easy Easter treats

Get ready for raves when you serve any (or all!) of these mix-magic desserts from the queen of country

Butterfly Coconut Cupcakes

Convenient candy melts turn into the sweetest butterflies that garnish these spring-special bites

1 (15.25 oz.) pkg. Duncan Hines® Dolly Parton's Southern Style Coconut Cake Mix
1 cup milk
4 eggs
½ cup butter, melted
½ cup white candy melts or white chocolate chips
Bright pink, purple and teal decorating sugars
⅔ cup brightly colored confetti sprinkles
2 (16 oz.) conts. Duncan Hines® Dolly Parton's Creamy Buttercream Frosting

● Heat oven to 350°F. Line 24 muffin cups with cupcake liners. On low speed, beat cake mix with milk, eggs and butter until blended, about 30 sec.; on medium, beat until fluffy, 2 min. Divide batter among liners. Bake until toothpick inserted in centers comes out clean, 16–19 min. Let cool 10 min. Transfer from pans to rack; let cool.

● On white paper, print or draw 24 small butterflies (about 1½" wide). Place paper on baking sheet; cover with wax paper. In microwave-safe bowl, microwave white chocolate or candy melts in 15-sec. intervals, stirring, until melted. Transfer to freezer bag. Snip small hole from corner of bag. Trace and fill in wings. Sprinkle with decorating sugars. Chill 15 min.

● Spread confetti sprinkles on plate. Reserve ½ cup frosting. Spread remaining frosting over cupcakes; dip tops of cupcakes in sprinkles. Transfer reserved frosting to freezer bag; snip small hole from corner. Pipe dollop of frosting over each cupcake. If needed, break wings in two; insert into frosting.

Servings: 24. Active time: 50 min.
Total time: 1 hr., 30 min.

Pecan Pie Brownies

Two classics come together in Dolly's irresistible squares made extra rich with a buttery brown sugar in the topping

BROWNIES

1 (17.6 oz.) pkg. Duncan Hines® Dolly Parton's Fabulously Fudgy Brownie Mix
1 egg
½ cup melted butter
3 Tbs. milk

PECAN PIE FILLING

¼ cup firmly packed brown sugar
¼ cup corn syrup
1 egg
2 Tbs. melted butter
1 tsp. vanilla extract
¼ tsp. salt
1½ cups pecan halves

- ***Brownies:*** Heat oven to 350°F. Coat 8" square baking pan with cooking spray. In large bowl, stir together brownie mix, contents of fudge packet, 1 egg, ½ cup melted butter and milk until well blended, about 50 strokes. Pour into pan and spread evenly. Bake until toothpick inserted 1" from edge of pan comes out clean, 32–36 min. Transfer to rack.

- ***Pecan pie filling:*** Meanwhile, in large bowl, stir together brown sugar, corn syrup, 1 egg, 2 Tbs. melted butter, vanilla and salt. Spread pecans over cooked brownies. Pour pecan pie filling evenly over pecans. Bake until filling is set, 20–24 min. Transfer to rack; let cool completely. Cut into squares.

Servings: 16. Active time: 20 min.
Total time: 3 hrs.

Tip!

To prevent sticking, line your baking pan with enough foil to overhang sides by 2" and grease. Once baked, use foil to lift brownies from pan

Duncan Hines
Dolly
Caramel Turtle
Fabulously Fudgy
Sweet Cornbread
Buttermilk Biscuit

For even more delicious bites courtesy of Dolly, check out her new line of mixes from Duncan Hines, including Caramel Turtle Brownie Mix, Fabulously Fudgy Brownie Mix, Sweet Cornbread Mix and Buttermilk Biscuit Mix

Southern Coconut Cake

Just 6 ingredients are all you need to bake up this coconutty classic

1 (15.25 oz.) pkg. Duncan Hines® Dolly Parton's Southern Style Coconut Cake Mix
1 cup milk
½ cup unsalted butter, melted
4 eggs
1 (16 oz.) cont. Duncan Hines® Dolly Parton's Creamy Buttercream Frosting
2 cups sweetened flaked coconut

- Heat oven to 350°F. Coat 2 (8") round cake pans with baking spray. On low speed, beat cake mix with milk, melted butter and eggs until blended, about 30 sec.; on medium speed, beat until light and fluffy, 2 min.

- Evenly divide batter between pans. Bake until toothpick inserted in centers comes out clean, 26–32 min. Transfer to rack; let cool in pans 15 min. Transfer from pans to rack; let cool completely.

- Place 1 cake layer on serving plate; Spread top with about ½ cup frosting. Place remaining cake on top. Spread top and side with remaining frosting. Press coconut on top and side of cake.

Servings: 12. Active time: 45 min.
Total time: 2 hrs., 30 min.

Banana Split Cake in a Jar

Crushed pineapple stirred into the batter is Dolly's secret to these layered individual delights

1 (15.25 oz.) pkg. Duncan Hines® Dolly Parton's Southern Style Banana Cake Mix

1 (8 oz.) can crushed pineapple in juice

½ cup milk

4 eggs

½ cup unsalted butter, melted

3 bananas, thinly sliced

1 cup chopped fresh strawberries

1 quart ice cream (vanilla, strawberry or chocolate)

Whipped Topping

Chocolate sauce and maraschino cherries

- Heat oven to 350°F. Coat 13"x9" baking pan with baking spray. On low speed, beat cake mix, pineapple with juice, milk, eggs and butter until blended, 30 sec.; on medium, beat until fluffy, 2 min. Pour into pan. Bake until toothpick inserted in center comes out clean, 24–28 min. Transfer to rack; cool in pan 15 min. Transfer from pan to rack; let cool completely.

- Cut cake into squares. Divide cake squares evenly among 16 (8 oz.) mason jars or glasses. Top with banana and strawberry slices; cover and chill until ready to serve (bananas will start to turn in about 1 hr.).

- When ready to serve, dividing evenly, top fruit with ice cream and whipped topping. Drizzle with chocolate sauce and garnish with cherries.

Servings: 16. Active time: 30 min.
Total time: 2 hrs., 30 min.

Tip!

For extra fun, instead of choosing one flavor of ice cream, top these treats with scoops of Neapolitan before drizzling with sauce

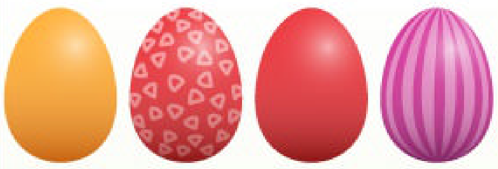
Leigh Beisch (2); Courtesy of Dolly Parton

Lift Easter stains *fast*!

We love everything about the spring holiday…except the stains that go with it. Luckily, you can enjoy your celebration mess-free with these simple cleanup tips

Make mud disappear
with baby shampoo

There's a reason they call this time of year "mud season," but it doesn't have to ruin your day. To remove a muddy mess from clothes, just let the stain dry, and use a toothbrush to scrub off as much as possible, advises Juliana Rocha, owner of Amazing Maids. Then rub a few drops of baby shampoo on the stain and toss in the wash. The shampoo breaks up the proteins in the mud while being extra gentle on clothes.



Banish egg-dye oopsies
with a bit of baking soda

The pastels of spring look gorgeous on hard-boiled eggs, but less so when they get on your counter or seat cushions. Thankfully, all you need to remove the stains is baking soda and vinegar. Start by sprinkling some baking soda over the spot, then combine one part white vinegar and one part water, and spray the solution on the stain—it will fizz, and the chemical reaction will lift the dye right out. Even better: This mixture is gentle enough to use on your hands, clothes and carpets.

Nix chocolate stains
with a cold blast

If a chocolate bunny has left its mark on your sofa or carpet, just blot the spot with cold water. Let it sit for 10 minutes, then squirt a bit of dish soap on the mark and gently rub until the suds turn brown; dab it with a cloth to dry, and you're done!

Remove grass stains
with a simple DIY spritz

Your picnic was a blast—too bad the grass left green streaks on your clothes. The fix: Soak the fabric in a mix of four parts water to one part hydrogen peroxide (if the stain is on a delicate fabric, like silk, use white vinegar instead) and a squeeze of dish soap, says Steven Ip of Cleanzen Cleaning Services. Let sit for a half hour, then scrub with a soft brush. Problem solved!

Outsmart red wine spills
with a dash of table salt

When Easter dinner results in spilled wine on your tablecloth, simply grab your saltshaker to prevent it from leaving a mark. To do: Sprinkle the salt from the outside edges of the stain to the center—this will prevent it from spreading. Let sit for 10 to 15 minutes, then brush off the salt and blot the stain with a damp cloth.

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Disney
Tim Burton's
The Nightmare Before Christmas

Merry Scary Holiday Ornaments
Collection

- Iconic characters reimagined as tiny toddlers
- Ribbon loops for easy hanging
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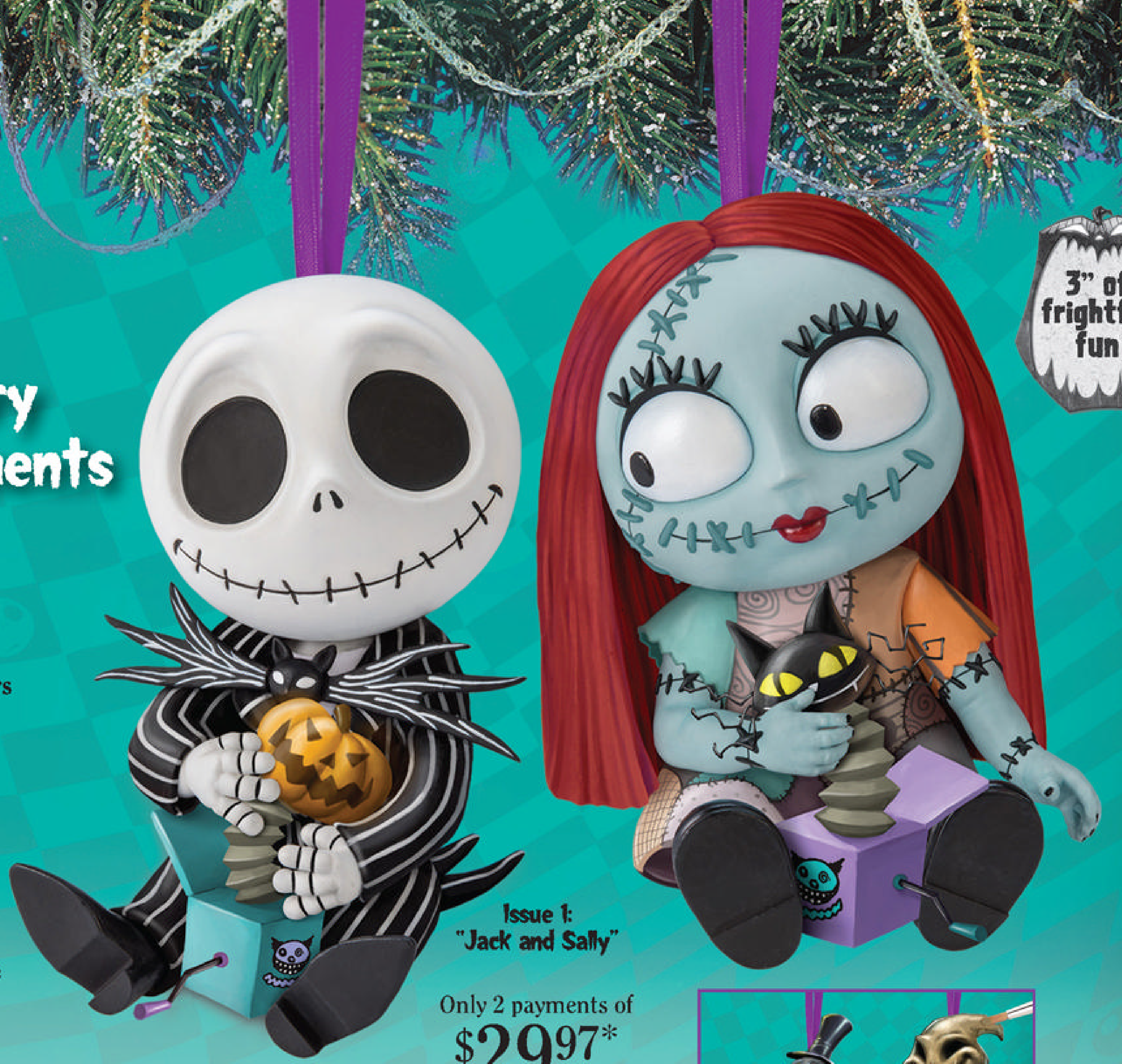

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The first issue you'll receive is the two ornament set "Jack and Sally." After that more characters will ship two by two after the previous set is paid in full. Each character holds a gift based on one created during the movie, and is crafted from fine artist's resin then meticulously hand painted. You won't believe the level of detail our artisans have captured in each ornament! And best yet, you can hang them using their ribbon loops or display them seated all year round.

Future issues include:
"Mayor and Oogie Boogie"

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Bring home these tiny terrors today!

Each ornament set, complete with Certificate of Authenticity, is yours for only $59.95*, payable in two installments of $29.97 each (plus a portion of the $6.99 shipping and service fee). As with all of our collections, you may cancel any time and your purchase is backed by our 365-day guarantee. This subscription plan brings you Issue One: "Jack and Sally" followed by more spooky issues, set-by-set when the previous issue has been made in full. Best of all, you don't have to send any money now! Simply mail in the priority application to secure each doll in the entire collection. This is a very limited-time offer. Don't delay!

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Vicki Liston, 47, Springfield, VA

"I earn $100 a month with home how-to's!"

Vicki Liston's YouTube channel helps others improve their homes while funding a cause close to her heart

"Back in 2017, I was inspired to combine my skills as a professional voice actor with my other passion: home DIY projects! With zero YouTube experience, I decided to create a "how-to" series to share my home-improvement ideas with the world. I bought a cheap digital camera, installed Windows Movie Maker on my computer and began experimenting. As I stuck with it, I learned a lot and improved, and turned to YouTube video tutorials whenever I got stuck. Before long, On the Fly…DIY (YouTube.com/@OnTheFlyDIY) was up and running!

"I record two to four videos per month, usually on the weekends. It's so much fun to brainstorm fresh and unique DIYs to share with my viewers, from making a bookcase closet to creating a secure mailbox to protect deliveries! To come up with ideas, I try to solve common problems as well as reverse-engineer expensive home decor items.

"My channel brings in about $100 per month, most of which is generated directly from YouTube—views, likes, subscribes, shares and the ads all contribute. I also provide links in my video descriptions that go to Amazon Affiliate links, so viewers can buy materials for the DIY they just watched. The money goes toward a cause that's near to my heart: animal rescue. I even film with my rescue dog, Bailey, as a co-host! Combining my love for voice-overs, home improvement and animal rescue has been extremely fulfilling!" WW

Win great prizes at WomansWorld.com/WinApril!

Win PLAYMOBIL Dragons: The Nine Realms playsets!

Entertain the little ones in your life with two chances to snag PLAYMOBIL's new line of six different playsets based on the DreamWorks Animation series *Dragons: The Nine Realms*! The beautifully detailed sets feature characters from the animated series (available to stream on Hulu or Peacock) so kids can reenact their favorite show moments and go through their own modern-day dragon training. The prize includes the following 6 sets: Wu and Wei with Jun, Thunder & Tom, Plowhorn & D'Angelo, Feathers & Alex, Icaris Lab, and Icaris Quad with Phil. *U.S. only. Ends 11:59* PM *ET, 4/28/2023*

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Win $1,000!

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Score expert help for so much less!

Need to fix a broken clock or revive a sick garden, but holding off due to the high cost of bringing in a pro? Here, 4 easy ways to find experts willing to help while saving you big

For household items: *Visit the library*

Love the free books, movies and music your library offers? Many *also* offer repair clinics where experts will fix your broken belongings for free! Their goal is to help you hold on to favorite items longer and avoid filling up landfills. In most cases, you'll be able to bring a wide assortment of items to be fixed (including appliances, bicycles, clocks, furniture and jewelry), as well as bring in tools for sharpening. Just check your local library's calendar of events or ask your librarian when their repair clinic is held. Have clothing that needs mending? Some clinics offer to fix zippers, patch rips, sew hems and more.

If you don't live near a library that hosts repair clinics, you can find more volunteer fix-it events at RepairCafe.org/en/visit. Or call your town's waste management office, as many offer free repair clinics too.

For cars or computers: *Head to school*

At some point, we all have trouble with our car or computer. Fortunately, when you need a fix for yours, there's an easy way to save 50% or more on repairs: Head to a technical college that teaches students how to become automotive or computer technicians. Many that offer these programs give discounts on repairs to the public so their students can get valuable hands-on learning experience. And since teachers supervise all jobs, you're getting the same high-quality workmanship that you would if you went to a traditional repair shop. To find a school near you, search online for the type of school you need ("automotive technology" or "information technology") and your location. Then visit the school's website to look for a repair program that's available to the public, or call the school and ask if they offer the program.

Tip!

Want to sharpen blurry pics in old photo albums without paying a photo restoration pro? Upload them to AnyMP4.com/image-upscaler. This AI-powered program sharpens photos, then allows you to download the new ones—for free!

For homes: *Search online*

Does your house need repairs not covered by homeowners insurance? There are government-sponsored programs that can help! For example, if you're 55 and over, reach out to your state's Department of Aging (HHS.gov/aging/state-resources/index.html) since some offer home repair programs exclusively for seniors. Also smart: Search online for nonprofit groups who do free home repairs in your area. Just type in your state or city and "home repair volunteers."

For gardens: *Look for co-op programs*

Spring is the perfect time to plant flowers, shrubs and trees. No need to hire a landscaper to get advice if your greenery isn't thriving or you don't know which plants are best for your area. That's because gardening pros are available at no cost at Cooperative Agricultural Extension offices at universities that have partnered with the United States Department of Agriculture. Here, you'll find free information about all aspects of gardening (including plants, soil, fertilizer and irrigation), can ask questions and take classes to improve your green thumb. Some even offer clinics where you can get plants, soil and water diagnosed so you can avoid disease and pests. To find a program near you, visit NIFA.USDA.gov/land-grant-colleges-and-universities-partner-website-directory, your state and "Extension" in the drop-down menus. Don't live close enough to one? They typically offer online consultations, webinars and an online library of information. WW

Saving science!

***Argh!* The food processor you recently bought broke, but the warranty has expired!** If you used a credit card to buy it, chances are you have "purchase protection," an extended warranty that pays some or all of the cost of repairs. For example, Visa doubles the original manufacturer's repair warranty when it's one year or less and adds one year for warranties of up to three years, covering the original price of the item up to $10,000. Just call the number on your card to find out more.

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Advertisement

The most reliable way to lose up to 10 pounds of fat every week and keep it off!

Want to speed up fat loss? It may be as easy as boosting metabolism using this special formula with a unique amino acid complex

Fad diets come and go. At any given time, one in three women and one in four men are on a diet. Unfortunately, two-thirds of dieters regain the weight within one year and virtually all regain the weight they lost within five years. This is called the yo-yo effect.

Years ago, Hubertus Trouillé, a German holistic therapist, developed an effective formula to end the cycle of weight loss and gain.

Using three nourishing ingredients, Trouillé created a dietary supplement with a unique amino acid complex that increases metabolism and rate of thermogenesis, which converts food to heat or energy.

Burn calories and feel less hungry

Unlike other dietary supplements that simply suppress appetite, this patented formula boosts metabolism, maintains lean muscle mass and helps the body burn fat more effectively while taking the edge off of hunger.

Research reveals how to stop yo-yo dieting to achieve lasting results

Today, this popular German weight loss phenomenon is available in the U.S. It can be used as a quick weight loss regimen or as a meal replacement to transform your body and lifestyle, achieving overall good health.

Actual research from the University of Edmonton shows that even used once a day as a meal replacement, Almased® is effective in stimulating the fat-burning metabolism while actively fighting weight problems and insulin resistance.

When used as directed, Almased® helps take off excess pounds and keep them off, ending the yo-yo cycle. Ask for Almased® at local health food store or pharmacy near you.

Introducing the Almased Weight Loss Phenomenon®

Jamie Luu, RDN, LDN
Jamie is a Registered and Licensed Dietitian who provides nutritional guidance for Almased.

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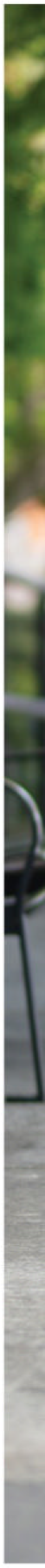
3. Support healthy blood sugar levels, which makes it diabetic-friendly
4. Curb appetite and hunger sensations by naturally supporting appetite hormones leptin
5. Lift mood and improve energy levels without any stimulants
6. Regulate leptin level, which is linked to insulin resistance and weight gain from stored body fat
7. Promote healthy insulin levels to stimulate fat reduction and inhibit fat storage



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Individual results may vary. Average weight loss is 1-2 lbs per week. These statements have not been evaluated by the Food and Drug Administration. These statements and the product of this company are not intended to diagnose, treat, cure, or prevent any disease. Consult your physician before implementing any new diet, exercise and dietary supplement programs, especially if you have preexisting medical conditions or are taking prescribed medications.

Relax with Brain Games

Hats off!

CROSSWORD

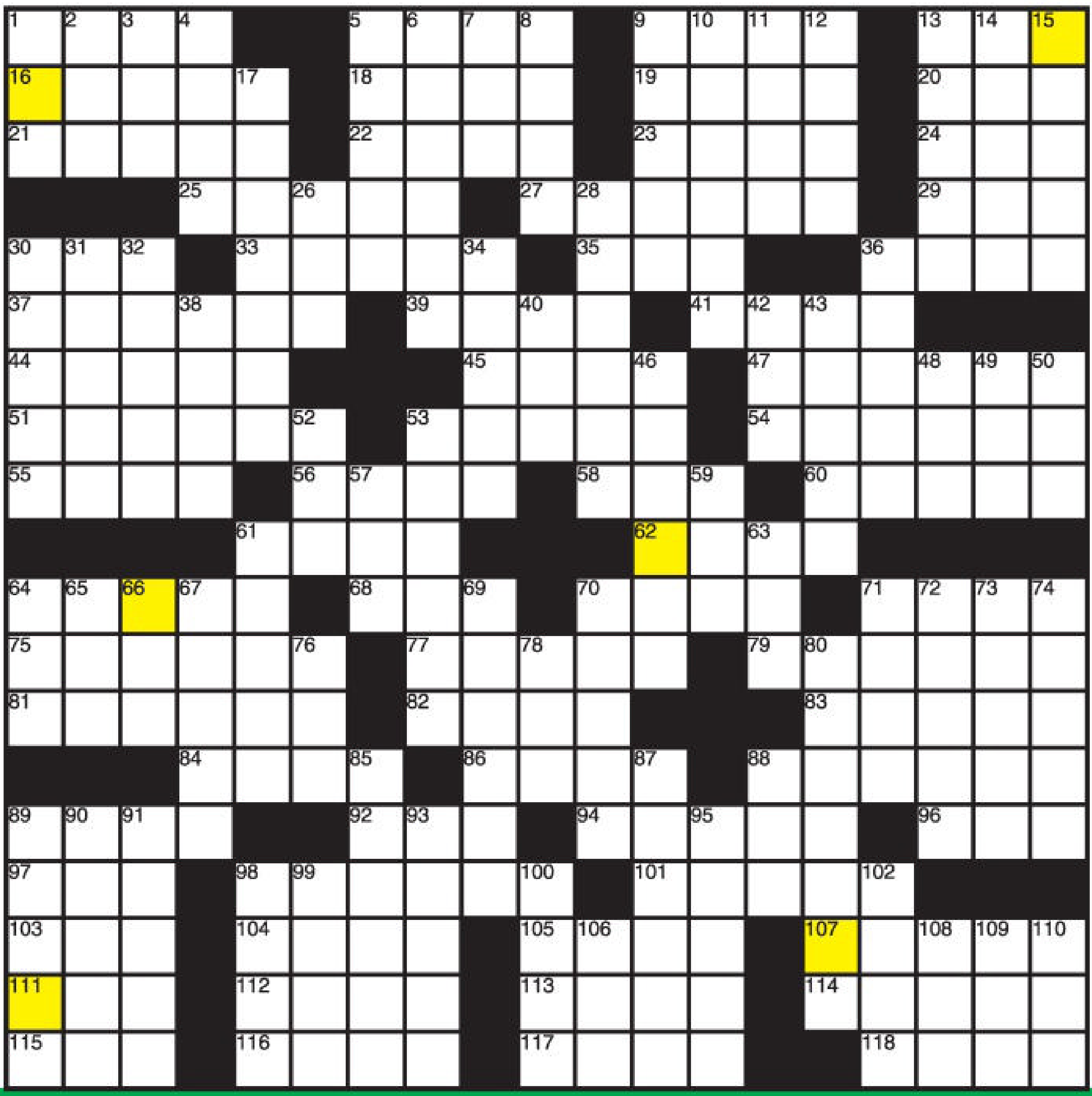
Use the letters highlighted in the finished puzzle to spell a traditional Easter accessory

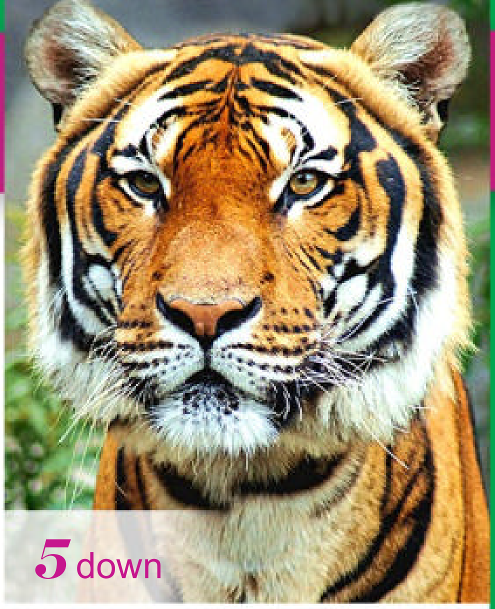
ACROSS

1 Settled up
5 Chore list heading
9 They give a hoot
13 Id's partner
16 Scouting group
18 Cake finisher
19 Self-assurance
20 Moving vehicle
21 Spanish "mister"
22 Singing club
23 Toothpaste holder
24 The "I" in TGIF
25 Juliet's love
27 Began
29 Souvenir shop purchase
30 Sis' sib
33 Swing site
35 Old Ford model
36 ___ *of Eden*
37 Where Big Ben bongs
39 Fuzzy fruit
41 Tussle
44 Some chorus members
45 Tom Clancy hero
47 Sahara's place
51 Not as busy
53 Actress Téa
54 Like Pinocchio
55 TV sports channel
56 Not working
58 Cookbook amt.
60 Director Welles
61 Big name in mapmaking
62 Epitome of redness
64 Variety
68 Pulled off
70 Bridge feat
71 Dotted-line command
75 Pasta shapes
77 *Sesame Street* regular
79 Rarer than rare
81 Box-office buy
82 Look
83 Throw off
84 Wax-coated cheese
86 Palindromic pop group
88 Particular
89 Eggs ___ easy
92 Usher's offering
94 Roll-on brand
96 Part of L.A.
97 Superman foe ___ Luthor
98 Tension
101 Boy with a bow
103 Some trial evidence
104 TV's Dr. ___
105 Stone of many Libras
107 Wanderer
111 Often-repeated abbr.
112 The last Mrs. Chaplin
113 Pro or con
114 Flappers in a gaggle
115 Q-U center
116 Kind of table
117 Washington bills
118 Weakens

DOWN

1 Halves of qts.
2 "___ we having fun yet?"
3 Tiny particle
4 Way out
5 Bengal cat
6 The end of time?
7 Ruby or Sandra
8 Triple-decker cookie
9 Group of eight
10 Bandage spots
11 Stud site
12 Downhill racer
13 "Don't Cry for Me, Argentina" musical
14 Fence entrances
15 Start
17 Suggest
26 Sun follower?
28 Easily bent
30 Not at all excited
31 Dice turns
32 Good way to go out (2 wds.)
34 Brought on board
36 Blooper
38 Crossword direction
40 Neb. neighbor
42 What a dog might "shake" with
43 Underway
46 Just a bite
48 Tags
49 VIP at the top of a ladder
50 Raggedy doll
52 Vitamin bottle info
53 Word before or after "first"
57 Call off
59 Last word of "America, the Beautiful"
61 Marry again
63 Relative of an ostrich
64 Understand, as a joke
65 Inventor Whitney
66 Peacock network
67 *Today* weatherman Al
69 Fond hopes
70 Lion in *The Lion King*
71 List
72 Peer
73 Sound
74 Fishing rod attachments
76 Stop on a line: Abbr.
78 Omaha's state, for short
80 In want of
85 Yacht spot
87 Pinball parlor
88 Quick swim
89 More dated
90 Lets off steam
91 Strict
93 Track event
95 Board game insert
98 Dry cleaner's target
99 Norse thunder god
100 Unexciting
102 Takes care of
106 Brooch
108 "Cry ___ River" (2 wds.)
109 Venomous snake
110 ___ Moines, Iowa





5 down

Sudoku

Fill the empty squares with the numbers 1 through 9 so that each row, column and 3x3 square contains all the numbers from 1 through 9

		9		1				8
			9	4	2			
6	5				8		9	
		7			9		4	
9	2			3			5	6
	1		8			7		
	6		2				8	1
			1	8	5			
1				6		9		

Shutterstock (3)

For answers to Crossword and Sudoku, turn to pg 50

SOLVE-IT-YOURSELF
Mystery

Easter basket baffler

“M*ooooooom*!” Ted groaned. “She’s a girl! And, my sister!” he added, as if to drive home the point that girls, in general, were bad enough, but sisters were the worst. “She’s two whole years younger. She’ll slow us down!” he argued, gesturing from himself to their cousin, Noah, who nodded along.

Missy squinted, about to argue that girls could do anything boys could do when their mother, hands on hips, fixed her gaze upon the two boys and said, “Nonsense.”

Ted seemed fazed, but only briefly. “The scavenger hunt is for big kids. It’s not fair!”

“It *is* fair,” their mother returned. “Missy is nine years old, the same age you and Noah were the first time you joined the hunt. Now, come on you, turn those frowns upside down and get ready for your first clue.”

Missy felt herself stand taller, as if she’d arrived at a rite of passage. Easter at Aunt Carol’s house was a daylong family tradition, beginning with egg and scavenger hunts, and ending with a dinner so big your belly hurt afterward. Years ago, after a few crying fits over stolen eggs, the adults decided to split up the kids’ competitions, which is why the younger kids hunted for candy-stuffed, plastic eggs in Aunt Carol’s flower beds while the older ones deciphered clues in a scavenger hunt to find their Easter baskets.

As their mother retrieved an envelope from her purse, Ted nudged Missy with his elbow. “Stay out of our way!”

Missy folded her arms across her chest and groaned inwardly. *Brothers! Honestly!*

Their mother opened the envelope, unfolded the paper inside and read its contents.

“I’m not the alphabet, but I have letters. I’m not a pole, but I have a flag.”

Missy wondered what they might be. Her mom kept scrapbooks with letters, but she couldn’t think of any with a flag. Aunt Carol’s photo albums also had letters tucked among pictures, but no flags.

Noah leaned over to whisper in Ted’s ear, then the boys took off down the driveway.

“Wait!” Missy called. She caught up with them at the mailbox and tried not to gasp too loudly as realization dawned: A mailbox had letters *and* a flag!

Noah opened a second white envelope and read aloud.

“I greet every guest, but never say a word.”

A quick glance at the boys revealed they were stumped.

“A butler?” Noah said.

“Nice guess, but butlers talk,” Missy returned. She didn’t bother to point out that Aunt Carol didn’t have a butler even though her house felt big enough for one, complete with a library with shelves of books and a dramatic cherry-paneled office where she took phone calls.

“What about a doorbell?” she ventured aloud.

From the surprised look on Ted’s face, Missy knew he was impressed, but he merely shrugged. “Where would you hide an envelope in a doorbell?”

Noah snapped his fingers. “I know—it’s the welcome mat!”

The three ran for the front door and lifted it, and sure enough, another envelope awaited them.

“Wow, you’re really good at this!” Missy said and Noah smiled. He tore open the envelope. Upon seeing the clue, he made a thoughtful noise.

“The house has three stories. Find a place that has more.”

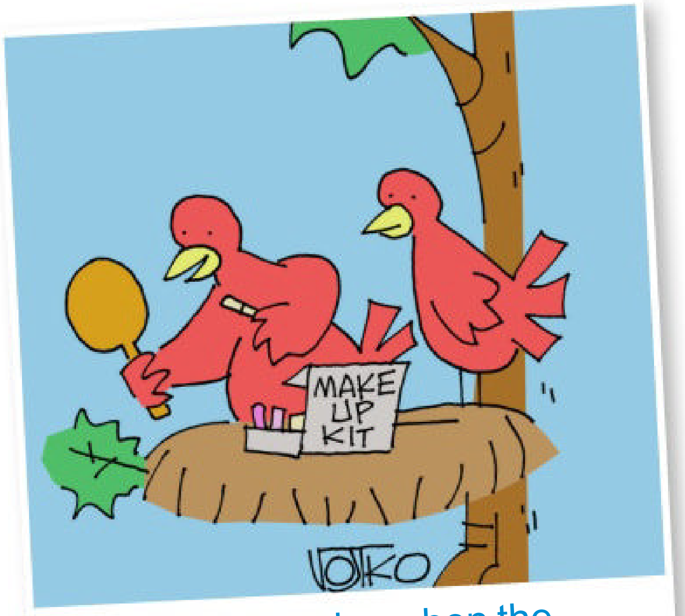
The three looked at one another, hoping someone might know the answer, but the boys merely shrugged. Missy turned to survey Aunt Carol’s house. Yep, three stories, counting the basement. And, the garage and backyard shed only had one.

As the boys started to wonder if maybe the clue meant the neighboring, slightly taller, house, Missy’s puzzled frown spread into a wide smile.

“Guys! Follow me!” she said taking off in the direction of the answer. —*Kendra Yoder*

Q: Where was Missy running?

A: Turn to pg 51



“I really enjoy when the birdwatchers are out”

Order Up!

Can you guess which happened first, second and third?

___ **A.** *Desperate Housewives* airs on ABC

___ **B.** Dan Brown’s *The Lost Symbol* hits the bestseller list

___ **C.** A new European currency, the Euro, debuts

Person, Place or Thing?

Can you guess what I am?

☐ I make some folks sensitive
☐ These days, I’m often on a diet
☐ I love beer
☐ I’ve become more unpopular lately
☐ I’m sometimes used to make cosmetics and hair products
☐ I’m in pizza, pasta and bread
☐ Many want to be “free” of me
☐ For those with celiac disease, I can be a real hazard
☐ In Latin, my name means “glue”
☐ I’m found in wheat

Order Up! C. 1999 A. 2004. B. 2009

Person, Place or Thing? I am gluten

My Guardian Angel

Readers share their stories of divine intervention

7 Days of *Inspiration*

Take one a day and feel great all week!

Day 1
Your dreams are the best investment

Day 2
Joy can take you by surprise!

Day 3
There is no one more special than you

Day 4
Count your blessings and more keep appearing!

Day 5
Success takes making mistakes

Day 6
Fill your tank with positivity, and there's no limit to how far you can go!

Day 7
Happy. It's what you make someone!

An angel's comfort

Woman's World **reader Kathleen Doll Cristofaro was going through a tough time, when an angel appeared, bringing peace and calm. She writes:**

That I fell was not surprising. My eyes had been blurry from crying. "Are you all right? Are you hurt?" I looked up into concerned but stunning caramel eyes as a strong pair of hands placed me safely back onto the walking trail.

I awkwardly laughed at my clumsiness. "I'm okay. Thanks," I replied.

"If you're sure then." He paused in hesitation, as I stood there in silence.

No, I was not sure. Truth was, I was not sure of anything much these days after experiencing recent hurtful events. Yet when I thought about it just now, I felt confident that, somehow, I would be all right.

The sudden change struck me as odd. As I looked at the gentleman, I got the impression that perhaps it was his calm manner and his gentle touch on my arm that might have made the difference. My outlook had been gray like the dusk in the settling night, but I suddenly felt a calm peace within myself.

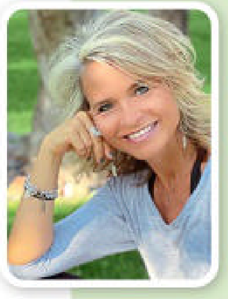
A soft mist of fog covered me in its invisible cloak as I looked down the street at the retreating back of the tall, handsome stranger. Somehow, he must have sensed my intense stare because he turned slightly while in mid-stride and smiled back at me; then he was gone.

> ***"I swore I saw angel wings fan out from his shoulders!"***

"Oh, my goodness!" I whispered out loud. I rubbed my eyes. Surely it had been a trick of the night in combination with my sleep-deprived nerves. How ridiculous, but I could have sworn that I saw a pair of angel wings fan out from the stranger's shoulder blades just before he turned the corner.

Was it only a coincidence that he should appear at the very moment that I felt so alone, full of despair and needed help? I guess I will always wonder about what I really saw that evening.

Though, with the passing of time, his handsome face has escaped my memory, there is no question that his kindness will always remain in my heart.



ANGEL EXPERT SUNNY DAWN JOHNSTON SAYS...

"When we experience a life-changing angelic circumstance, it is common to question if it was real or not. Coincidence is misunderstood in this physical world. It is much more divine than we have come to understand. Coincidence means two things come together in perfect divine time. When you experience what seems like a coincidence, you will know it is real and divine by the feeling that envelops you. That feeling of peace and calm that fills your body, mind and soul is nothing less than the love of the angels surrounding you."

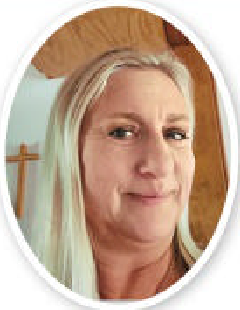
Shutterstock (2); Adobe Stock

If you have an angel story you'd like to share, please send it, along with a clear photo of yourself and your name, address and phone number to: Angels, *Woman's World,* 270 Sylvan Ave., Englewood Cliffs, NJ 07632, or email us at Angels@WomansWorldMag.com. By submitting your story, you are granting *Woman's World* permission to use it and your photo in the print magazine, on our website and/or in future special issue publications. Submissions may be edited for style.

Sunny Dawn Johnston (SunnyDawnJohnston.com and Facebook.com/SunnyDawnJohnstonFanPage) is an internationally known angel expert. She is the author of 20 books, including *Invoking the Archangels, The Love Never Ends* and *365 Days of Angel Prayers,* as well as her latest bestselling card deck, *The Multi-Dimensional Oracle.*

Circle of kindness

Readers share little reminders of how much goodness there is in the world



“A KIND STRANGER MADE MY DAY!”

The tire on my car was low, but I didn’t know it. I drove to the grocery store, did my shopping and went back to my car. Someone had left a note on my windshield. *Your passenger side front tire is low on air. Here is some change to fill it. Your day will get better!* There was $1.50 in quarters wrapped in another little sheet of notepaper. Just the right amount for the air pump at the closest station. I had been expecting a nasty note about parking poorly or someone scratching my paint. I wish I could thank the kind stranger who really *did* make my day better!

—*Rebecca Young, Pleasant Hill, MO*

“NOW I PAY IT FORWARD!”

After months of gleefully staring at my ticket, the night of the show had finally arrived. But to my surprise, my ticket wouldn’t scan. Apparently, there had been a spree of duplicate tickets. Shocked and disappointed, I learned buying another ticket wasn’t an option. Just then, a woman reached over with her phone out, barcode ready. “Here, take my extra!” I was stunned. She floated into the crowd as I sputtered heartfelt thank-yous. I now pay her kindness forward, buying an extra ticket for shows and giving it away at the door.

—*Breanna Combs, Seattle, WA*

“I FELT SO GOOD TO HELP HIM OUT!”

Recently, I was walking my dog in the park. It was cold and rainy. As I walked, I met a man and his dog. We talked and walked all around the park. I was returning to my car, when the man and his dog turned toward an outdoor tent. I realized that the man was homeless. I asked him if he had eaten, I also asked if he was warm in the tent. He said, “No.” I told him I’d be right back, and I went to buy blankets, a dog bed, dog food and McDonald’s. He was excited and grateful to get the items. I felt so good to help someone in their time of need.

—*Gerry J. Tucker, Austin, TX*

Do you have an act of kindness of your own to share? We thought so! Please email it, along with your name, address and a clear photo of yourself to: CircleOfKindness@WomansWorldMag.com. Or mail it to: Circle of Kindness, *Woman’s World,* 270 Sylvan Ave., Englewood Cliffs, NJ 07632. By submitting your story, you are granting *Woman’s World* permission to use it and your photo in the print magazine, on our website and/or in future special issue publications. Submissions may be edited for style.

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A Moment for You

Give yourself the gift of a worry-free day!

Every day comes with its share of stresses. But you don't have to let them claim your attention! Problems can be postponed, anxieties can be put on hold and what-ifs can wait. Your well-being matters so much more than they do!

WW 5-MINUTE ROMANCE

A 'bunny' kind of love

When a real-life Easter Bunny shows up in her yard, Emma never expects to fall for its handsome owner…or get a second shot at love

"Mom! The Easter Bunny's in our backyard!" my daughter, Shelley, exclaimed, running in from the yard.

This should be interesting, I thought, ruffling her hair. "Ooh…let's go see!"

We ran outside, and sure enough, there was the cutest, fluffiest bunny I had ever seen: floppy ears, a puff of a snow white tail and a pink bow wrapped around one of its ears.

"Isn't that bow the cutest, Mom?! That's why I know it's the real Easter Bunny!" my daughter said importantly.

"Honey…" I didn't want to dash her hopes, but my thoughts were interrupted.

"Missy! There you are!" came a voice from over the fence. And then I saw the face that went with it—oh, my. Vivid blue eyes, jet-black hair and a smile that lit up his whole face. Which turned to a frown in a nanosecond.

"I am so sorry! I just gave Missy to my dad as an Easter present. Said he'd always wanted a rabbit for a pet, but I guess we'll have to teach her not to dig holes under fences." He glanced at me—dare I say appreciatively?—and my heart skipped like that little bunny! "I'm Nick. I just moved here to be closer to my dad."

"Hi, Nick. I'm Emma, and this is my daughter, Shelley."

"So, it's not the Easter Bunny, then?" asked a very dejected Shelley.

"No. Sorry, sweetie," said Nick, meeting my eye with a cute, apologetic smile that made my knees feel weak.

> *"He glanced at her, and her heart skipped a beat"*

Shelley hung her head. This hadn't been an easy year for her. First, her dad and I had divorced, then her pet guinea pig had run away when she left his cage open…and now, this Easter disappointment.

"But, hey!" Nick leaned further over the fence. "How'd you like to have an Easter egg hunt at our house? I think the Easter Bunny got our houses mixed up and hid some chocolate eggs over here!"

"Oh, Mom! Can I?"

"Well…" I caught Nick's eye, and its twinkle was brighter than any I'd ever seen. "Sure!" I mouthed a grateful, "thank you."

Shutterstock; Adobe Stock

Turn upside down for Brain

This week's Crossword solution

P	A	I	D	■	■	T	O	D	O	■	O	W	L	S	■	E	G	O
T	R	O	O	P	■	I	C	E	R	■	C	O	O	L	■	V	A	N
S	E	N	O	R	■	G	L	E	E	■	T	U	B	E	■	I	T	S
■	■	■	R	O	M	E	O	■	O	P	E	N	E	D	■	T	E	E
B	R	O	■	P	O	R	C	H	■	L	T	D	■	■	E	A	S	T
L	O	N	D	O	N	■	K	I	W	I	■	S	P	A	R	■	■	■
A	L	T	O	S	■	■	■	R	Y	A	N	■	A	F	R	I	C	A
S	L	O	W	E	R	■	L	E	O	N	I	■	W	O	O	D	E	N
E	S	P	N	■	D	E	A	D	■	T	B	S	■	O	R	S	O	N
■	■	■	■	R	A	N	D	■	■	■	B	E	E	T	■	■	■	■
G	E	N	R	E	■	D	I	D	■	S	L	A	M	■	T	E	A	R
E	L	B	O	W	S	■	E	R	N	I	E	■	U	N	I	Q	U	E
T	I	C	K	E	T	■	S	E	E	M	■	■	■	E	L	U	D	E
■	■	■	E	D	A	M	■	A	B	B	A	■	D	E	T	A	I	L
O	V	E	R	■	■	A	R	M	■	A	R	R	I	D	■	L	O	S
L	E	X	■	S	T	R	E	S	S	■	C	U	P	I	D	■	■	■
D	N	A	■	P	H	I	L	■	O	P	A	L	■	N	O	M	A	D
E	T	C	■	O	O	N	A	■	S	I	D	E	■	G	E	E	S	E
R	S	T	■	T	R	A	Y	■	O	N	E	S	■	■	S	A	P	S

Crossword Jumble: Bonnet

"Give me ten minutes," he said. "Then I expect to see you at my front door, ready for the best Easter egg hunt ever!" A wink, and he took off.

Twenty minutes later found me, Nick and his dad, Pete, sitting in Pete's back yard, sipping coffee while Shelley ran around, looking under this bush or that garden gnome for the chocolate eggs that Nick had quickly hid. All the while Missy chased after her, which thrilled Shelley.

"This is terrific—thank you," I said to Pete, but couldn't resist looking after Nick, who had gone into the yard to help Shelley.

"One way to get you girls over here. Especially you. I kept telling Nick I had the perfect girl for him…*you!*"

"Pete!" But of course, I was curious. "You never even told me you had a son."

"Didn't need to when he was miles away. But now he's here, you're divorced, he's divorced. You're both in your 30s. You're perfect for each other." Then he got a mischievous gleam in his eye. "Tell ya the truth—I dug that hole in the yard. I knew Missy couldn't resist exploring. Worked like a charm!"

Just then Nick and Shelley came back, her arms full of chocolate eggs. I was still dazed by Pete's confession. And although it took more in common than a divorce, Nick had touched something in me. I had shunned even thinking about dating for the past year. But wasn't Easter a good a time as any for new beginnings?

"That is one smart little girl. I didn't make it easy, but she found every egg!" Nick said as he sat down next to me.

"She is a wonder," I said, as I watched Shelley and Pete count the eggs.

"As is my dad. Did he tell you he dug that hole on purpose, hoping Missy would escape into your yard, and we'd meet?"

I laughed. "Indeed he did."

Nick leaned in. "We shouldn't disappoint him," he said softly. "Have dinner with me Saturday? I don't know about chocolate eggs, but there's a little French place that makes a mean soufflé."

"Did Pete suggest that restaurant too?"

"Guilty as charged." Nick grinned, his beautiful eyes sparkling with such hope that my stomach somersaulted.

"Guilty plea accepted," I smiled back, feeling hope swell in my heart. "And the dinner invitation." —*Denice Stradling*

Games Answer Key

Games on pages 46–47

Mystery solution

Realizing that stories were not just found in houses but also in books, Missy led the boys to the library on a hunch. There, the group was delighted to discover their Easter baskets overflowing with chocolate eggs and various bunny-shaped confections. Afterward, even Ted had to admit that his sister, though a girl and a whole two years younger, was helpful to have along on the scavenger hunt. And that was the sweetest gift of all.

This week's Sudoku solution

2	4	9	5	1	6	3	7	8
3	7	8	9	4	2	6	1	5
6	5	1	3	7	8	2	9	4
8	3	7	6	5	9	1	4	2
9	2	4	7	3	1	8	5	6
5	1	6	8	2	4	7	3	9
4	6	3	2	9	7	5	8	1
7	9	2	1	8	5	4	6	3
1	8	5	4	6	3	9	2	7

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YOUR HOROSCOPE

For the week of Sunday, April 9, to Saturday, April 15

by Maressa Brown

ARIES Mar. 21–Apr. 19
From the 11th on, you'll find that making social plans comes easily. Learning new things with friends brings you joy! On the 14th, you may feel a bit run-down. Prioritizing self-care and solo time can keep you firing on all cylinders.
Your lucky days: April 9, 10, 15
Your lucky numbers: 1, 3, 12

CANCER June 21–July 22
On the 12th, you could feel inspired to pitch an idea at work that's close to your heart. Then, come the 13th, your dreams are sure to be more vivid. Channeling what you envision into an artistic outlet could prove fulfilling.
Your lucky days: April 9, 13, 15
Your lucky numbers: 2, 10, 12

LIBRA Sept. 23–Oct. 22
From the 11th on, you have the potential to experience personal growth, especially alongside loved ones. Trust your gut! On the 15th, pour your energy into a creative pastime that allows you to hone new skills. You'll soar!
Your lucky days: April 13, 14, 15
Your lucky numbers: 7, 9, 14

CAPRICORN Dec. 22–Jan. 19
From the 12th on, join forces with a friend to check off your day-to-day to-do's. It can feel empowering! And on the 13th, diving into the weeds of a potential moneymaking game plan brings forth a win.
Your lucky days: April 11, 12, 13
Your lucky numbers: 2, 6, 10

TAURUS Apr. 20–May 20
Share your notes on a money-making plan with friends on the 9th. Their feedback sets you up for rewards. On the 13th, you'll step into a powerful position to move the ball forward on a passion project. You'll receive applause!
Your lucky days: April 11, 12, 13
Your lucky numbers: 2, 10, 11

LEO July 23–Aug. 22
Your schedule could be brimming with social engagements come the 11th on. Working as part of a team is satisfying. On the 13th, sharing what's in your heart with a dear friend or loved one can bring you even closer.
Your lucky days: April 9, 10, 11
Your lucky numbers: 7, 11, 16

SCORPIO Oct. 23–Nov. 21
You'll be fired up to change your daily routine in a bold way on the 10th. Check in with your intuition, then push ahead. That same day, you'll find having more heart-to-hearts with loved ones bolsters bonds all around.
Your lucky days: April 9, 11, 12
Your lucky numbers: 6, 8, 15

AQUARIUS Jan. 20–Feb. 18
Your super-social nature is sure to be magnified on the 11th. Plans with friends make your heart soar. From the same day on, you'll find you can carve out more time for spontaneity and fun with loved ones. Enjoy!
Your lucky days: April 13, 14, 15
Your lucky numbers: 3, 5, 11

GEMINI May 21–June 20
Creative activities should feel easy to dive into from the 10th on. Be sure to listen to—and follow—your heart. Then, getting out of your comfort zone with a loved one can set the stage for making memories on the 14th. Enjoy!
Your lucky days: April 10, 13, 14
Your lucky numbers: 3, 6, 9

VIRGO Aug. 23–Sept. 22
From the 9th on, people you respect will applaud your hard work. If you've been wanting to share a proposal, this could be the time! And come the 13th, you could be empowered to try a new wellness routine. Dive in!
Your lucky days: April 11, 12, 13
Your lucky numbers: 5, 6, 10

SAGITTARIUS Nov. 22–Dec. 21
One-on-one time with a dear friend has you feeling centered and seen on the 9th. And on the 13th, playing a new game or seeing new sights with someone special can set the stage for a happiness boost—and sweet memories!
Your lucky days: April 10, 11, 13
Your lucky numbers: 3, 7, 16

PISCES Feb. 19–Mar. 20
From the 11th on, prioritizing downtime with loved ones can be rejuvenating for your overall well-being. And on the 14th, a serious emotional conversation sets a healing tone in an important relationship. Don't delay!
Your lucky days: April 9, 12, 15
Your lucky numbers: 2, 4, 12

Emma Thompson
April 15, 1959

Happy Birthday! Year-ahead forecast for those born this week

Aries, get ready for a whirlwind year! Around mid-April, the vitality-bringing sun and lucky Jupiter will pair up in your sign, causing your confidence to skyrocket. This could be one of the brightest moments of the whole year for stepping into your power and pursuing a passion project that you've been meditating on. In early May, relationship-oriented Venus forms a friendly angle to expansive Jupiter, and spending more time with coworkers and friends brings you bliss. By early August, go-getter Mars in your routine zone forms a harmonizing angle to fortunate Jupiter in your money zone, bringing forth a surge of positive energy that can be channeled into a new day-to-day action plan for bringing in more cash. Dive in!

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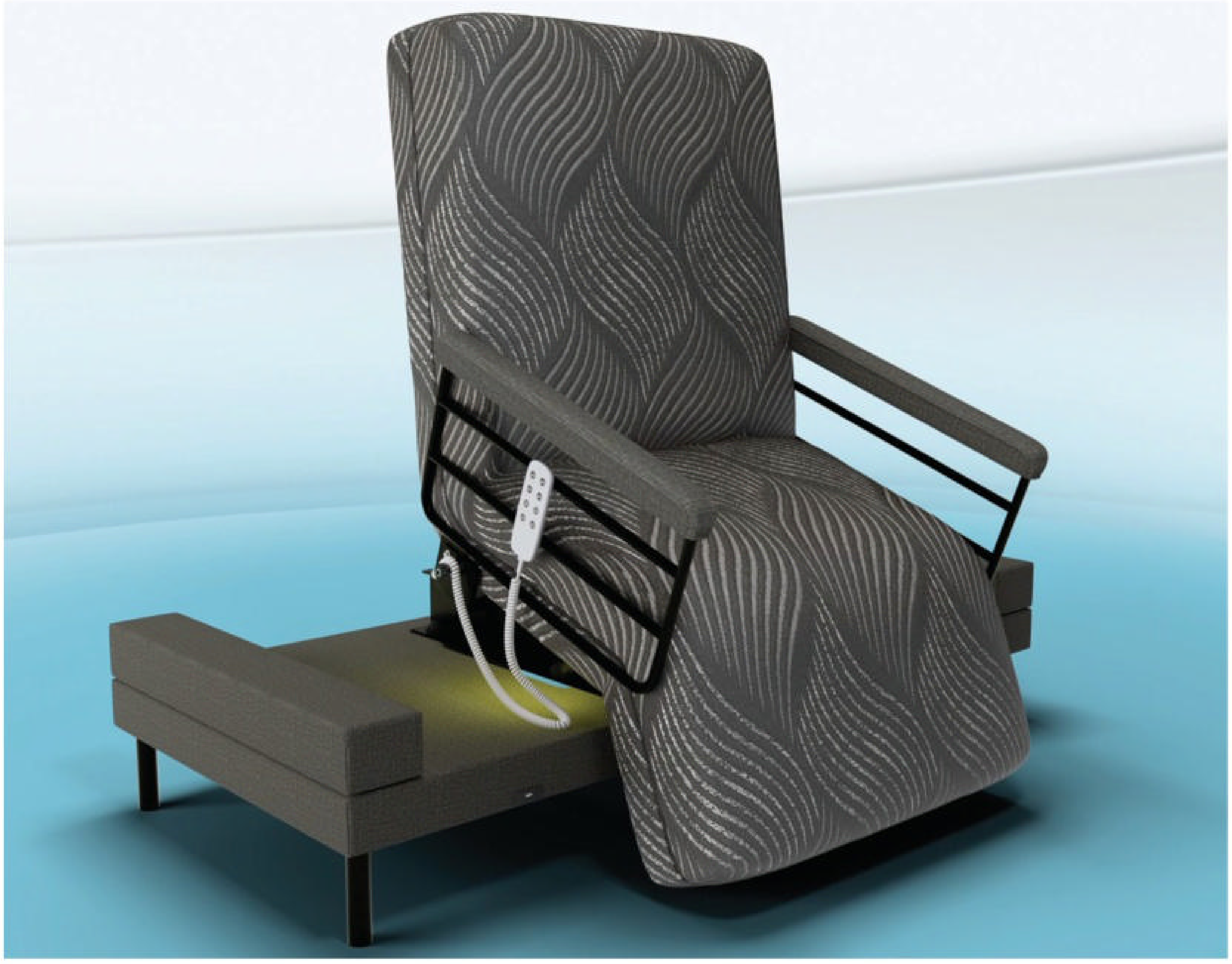

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You're very close to so much happiness!

You've dreamed big, you've hoped hard and you've given your goals your very best, because you know they deserve no less. So even if you can't yet see the finish line, don't lose steam now. You're in the home stretch!

Animal Hero

Proof that love and courage come in all shapes and sizes

This cute Easter 'bunny' spreads smiles year-round!

After welcoming an English doodle pup into her home, Lori Rahn knew this lovable dog would make a huge difference in her life…but she had no idea of the happiness and healing she'd bring to the world!

2022 WINNER
Cadbury BUNNY TRYOUTS

***(Above)* Lori with Annie Rose *(Left)* Annie Rose won the title of the Cadbury Easter Bunny last year**

Lori Rahn was just looking for a pet when she welcomed an 8-week-old English doodle pup, a cross between a poodle and English cream golden retriever, into her Cincinnati home five years ago. With her white woolly coat, floppy ears and shining eyes, Annie Rose quickly stole Lori's heart. And it wasn't long before Lori discovered her new furry friend had a gift for bringing joy.

While out for a walk when she was 4 months old, Annie Rose rushed up to some ladies sitting on a bench and placed her chin on one woman's knee.

Lori tried to coax her away, but Annie Rose refused to leave or break eye contact with the woman, whose face lit up.

"I'm terminal…I think she's picking up on that," the woman told Lori.

Lori had heard that dogs can sense illness, but it was the comfort Annie Rose offered the woman that most amazed her. And Lori got an idea.

Lori began taking Annie Rose to visit nursing homes. The residents loved petting her soft fur. And the staff told Lori they'd smile and talk about her for days afterward.

Wanting to share Annie Rose with even more people, Lori set up accounts for her on TikTok (@annierosegoldendoodle) and Instagram (@annie_rose_adventures). Soon, they began hearing from people around the world who said Annie Rose was a healing light to them.

So when in the winter of 2022, Lori saw an ad for the new Cadbury Bunny campaign, asking rescue pet owners to submit photos of their furry friends to be their Easter Cadbury "bunny" in ads, right away, Lori thought of Annie Rose.

After having the pup pose in bunny ears, a pair of bunny teeth, holding on to an Easter basket, Lori took some photos and submitted her entry.

To Lori's delight, after countless votes poured in from across the country, Annie Rose was named their winner!

Since the commercial aired, people far and wide have requested and gotten to meet Annie Rose, who always brightens the people's faces and hearts. And just 5 years old now, Annie Rose has many more smiles to spread.

"Our goal is to make people feel uplifted," Lori says. "Annie Rose is a gift, and I'm thrilled to share her. I believe she is a light the world needs."

—Diane Nichols

Annie Rose visits nursing homes, leaving residents uplifted for days

Shutterstock; Adobe Stock (2)

Has a person or animal come to your rescue? Email the story with your name, phone number and a photo to: WWFeatures@WomansWorldMag.com. Or mail to: Everyday Hero, *Woman's World,* 270 Sylvan Ave., Englewood Cliffs, NJ 07632. By submitting your story, you are granting *Woman's World* permission to use it and your photo in the print magazine, on our website and/or in future special issue publications. Due to high volume, we are unable to return submissions received.

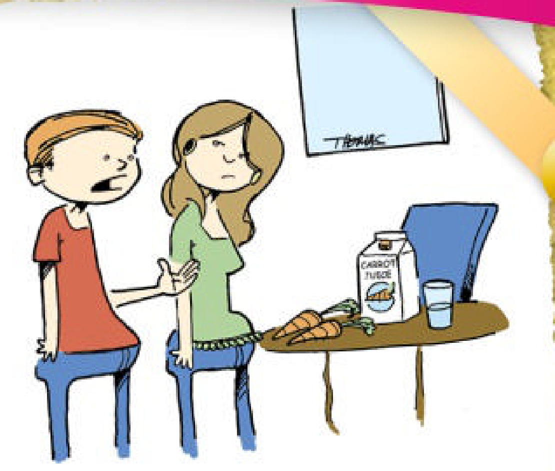
Love & Laughter

Hoppy Easter!

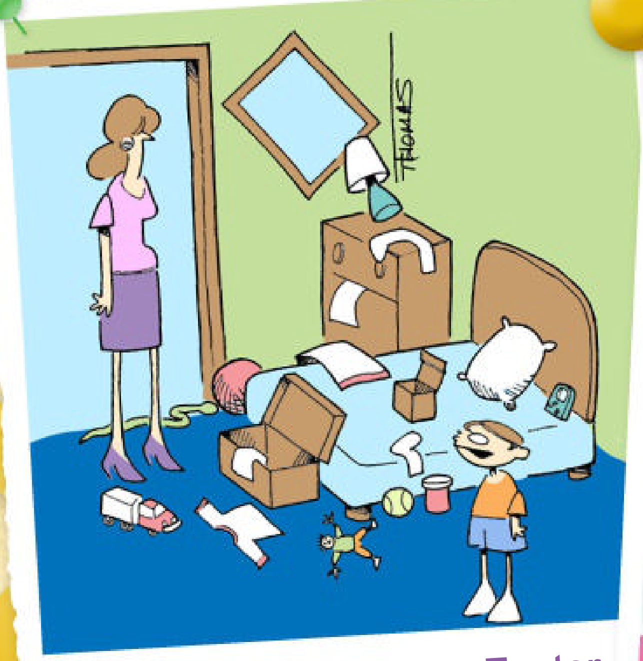
Keegan, 2, sent by great-grandmother Claudette Lambert, ON

“Did someone say candy?”

Everett, 3, submitted by Mimi Wendy Graham, MA



“I didn’t think it was fair to leave milk and cookies for Santa and not leave anything for the Easter bunny”



“Mom, I didn’t find any Easter eggs in my room. I’m going to do your room next”

“Having an egg-cellent day!”

Nova, 6 months, submitted by great-grandmother Elaine Morris, AL

Was my face red!

My family always attends the Stations of the Cross at our church. This year, we decided our 4-year-old was old enough to come with us for the first time. He was quiet and attentive almost the entire time, but when we got to the Crucifixion, he turned to me during a particular quiet moment and whisper-yelled in my ear, “Jesus died?” The people around us all laughed and thought it was adorable, but boy, my face was red! *—R.Y., Keene, NH*

> *“Life is a flower for which love is the honey”*
>
> *—Victor Hugo*

“You quack me up!”

Londyn, 1, submitted by mother Victoria Plante, ON

“I’m still looking for eggs!”

submitted by Terry Miranda, ID

Send us photos of your cutest ‘babies’ and you may see them in an upcoming issue of *Woman’s World*!

Please include the name and age of the child or pet, as well as your name, address, phone number and relationship to the child or breed of the pet. Send to: Love & Laughter, *Woman’s World,* 270 Sylvan Avenue, Englewood Cliffs, NJ 07632 or email to LoveAndLaughter@WomansWorldMag.com.

By submitting your photo, you are granting *Woman’s World* permission to use it in the print magazine. Due to high volume, we are unable to return submissions received.

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Martha Stewart

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